Hafa Adai!

Saipan Tribune

Volume XXXII, Issue No. 201

THE CNMI'S FIRST DAILY

www.saipantribune.com **MONDAY** OCTOBER 10, 2022 .facebook.com/saipantribu

$1

$1K bail set for man accused of assaulting wife. PAGE 3

Youth Congress swears in three new members. PAGE 5

IN GUAM CLERGY SEX ABUSE CASE

'Bankruptcy plan OK will result in $34M-$100M compensation'

Clergy sex abuse survivor Leo Tudela, left, and Concerned Catholics of Guam Inc. president David Sablan Jr.
FERDIE DE LA TORRE

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Clergy sex abuse survivor Leo Tudela and Concerned Catholics of Guam Inc. president David Sablan Jr. are grateful that the Guam federal court approved last week a joint bankruptcy exit plan that will get the Archdiocese of Agana out of bankruptcy, as this will result

See CLERGY on Page 4

SAIPAN MUSTER CHALLENGE EXHIBITION

Oliver Igisaiar of the Aircraft Rescue and Firefighting of the Commonwealth Ports Authority, left, who is shown here dragging Randy the dummy, is escorted by Hekido Helgen, another ARF firefighter, during their demonstration of the drag and carry obstacle of the second Saipan Muster Challenge Exhibition at the Saipan Airport Field last Saturday, which members of the public had the chance to experience and be a firefighter for a day. LEIGH GASES

BAR RATING:

Manglona 'good'; Camacho 'acceptable'; Bogdan 'deficient'

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Manglona

Camacho

CNMI Supreme Court Associate Justice John A. Manglona got a "good" total average rating, while Superior Court Associate Judge Joseph N. Camacho obtained an "acceptable" rating, while Superior Court Associate Judge Wesley M.

See MANGLONA on Page 4

Sablan

CITING DVA ANNUAL REPORT

Veteran suicides plummeted to lowest level since 2006–Kilili

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Veteran suicides have plummeted to their lowest level since 2006, according to Delegate Gregorio Kilili C. Sablan (Ind-MP), citing a recent report from the U.S. Department of Veterans Affairs.

Sablan also disclosed in his e-kilili newsletter over the weekend that the Economic Development Administration awarded the Commonwealth Economic Develop-

See VETERAN on Page 4

Appleby denied parole anew

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

Convicted murderer Shawn Appleby has been denied parole again due to his tendency to violate his parole and his extensive rap sheet.

The CNMI Board of Parole voted last Friday against granting the parole request

See APPLEBY on Page 4

INSIDE

LOCAL
The U.S. Marine Corps will once again bring the Toys for Tots program to the CNMI.
PAGE 13

HEALTH AND WELLNESS
A little boredom for kids can be a good thing. It can simulate creativity and problem-solving.
PAGE 14

LIFE & STYLE
South Korea's military appears to want to conscript members of the K-pop supergroup BTS.
PAGE 15

SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.

GOT A NEWS TIP? TEL: 235-6397 / 235-2440 FAX: 235-3740 EMAIL: editor@saipantribune.com

LEIGH GASES

Gov. Ralph DLG Torres, second from left, signs the proclamation designating Oct. 2-8, 2022, as National 4H Week. He is joined by 4-H Marianas State Youth Council president Rownel Jody Coloma, Northern Marianas College-Cooperative Research, Extension, and Education Services interim dean Patricia Coleman, and 4-H Saipan Youth Council vice president Raina Avelino.

Local

Oct. 2-8 is National 4-H Week; $10K pledged to club

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

Gov. Ralph DLG Torres proclaimed last week the period from Oct. 2 to 8 as National 4-H Week in the CNMI and later pledged $10,000 to the club.

4-H Marianas Youth State Council president Rownel Jody Coloma, 4-H Saipan Youth Council vice president Raina Avelino, Northern Marianas College-Cooperative Research, Extension and Education Services interim dean Patricia Coleman, and members of the 4-H Marianas Youth Council joined the signing of the proclamation at the Kagman Community Center last Wednesday.

Prior to the reading and signing of the proclamation, Natashia Tomokane, a parent of children who attended the 4-H club, read a testament to the success and impact of the club on her children.

Part of her testament states that she didn't realize the program had "such a significant impact" on her children's "individual growth emotionally, physically, and mentally."

"What I want to convey to you today, is that so often these types of youth programs are perceived as inconsequential, insignificant, and unimportant, and therefore are undervalued. I myself was guilty of this perception. Summer camp was just somewhere kids can go to have something to do while out of school, until I witnessed the impact it had on my kids and ultimately in my home. This week, we celebrate not only 4-H Marianas, but the hardworking individuals behind the scenes, who, because of their meticulous planning, effective execution, and implementation of this program, are the reasons why 4-H is so successful. Let's continue to invest in programs that cater to the exponential growth of our children; they are the future leaders of the Marianas," said Tomokane.

The proclamation was later read by her daughter, Peige Tomokane, and Lance Ignacio.

The proclamation encourages "citizens to recognize 4-H for the significant impact they have made and continue to make by empowering youth with the skills they need to lead for a lifetime."

Torres then announced that, like last year, he will donate $10,000 to the club again.

4-H focuses on helping the youth in the community develop life skills, entrepreneurial skills, and fiscal management skills. It provides hands-on projects to offer experiences to young people in important areas such as health, science, agriculture, and civic engagement.

Through 4-H's network of caring and supportive volunteers and professionals, mentoring is available to all 4-H'ers to help them grow into leaders, entrepreneurs, and visionaries. 4-H inspires the youth to become confident, independent, resilient, and compassionate leaders in our community and positively impact those around them.

The proclamation signing was followed by a 4-H Youth Mini Carnival, which is part of the ongoing celebration of 4-H week.

Whole Home WiFi
Powered by Plume HomePass®
A PRICE YOU LOVE - THE SPEED YOU DESERVE.
SAVINGS OF MORE THAN $150!
Org. price: $90
$65 per month
60 Mbps↓ 6.0 Mbps↑
For the FIRST 6 months
FREE when you sign up!
EVO 6700 Router
+ Basic Installation (Org. $49.95)
WIN ME! Sign up for LINK and DOUBLE your chances of winning!
Sign up today and be entered for a chance to win a 32" Vizio LED TV!
*One winner per month during promotional period
*Sign up under the LINK bundle to get double entries
670-488-CARE
docomopacific.com
docomo pacific Better Together
Additional conditions may apply.

$1K bail set for man who's accused of assaulting wife

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

The Superior Court has imposed an over $1,000 cash bail on a man accused of assaulting his wife.

Last Monday, Superior Court Associate Judge Joseph Camacho imposed a $1,250 cash bail on Shibu Mallick, a man who was arrested for allegedly assaulting his wife while drunk.

Camacho

Mallick, 46, faces charges of assault and battery and disturbing the peace.

After his hearing, Mallick was remanded back to Department of Corrections custody and was ordered to return to court for a preliminary hearing on Oct. 11 at 9am while his arraignment was set for Oct. 20 at 10am.

According to the complaint against Mallick, his wife called the police after he allegedly punched her in the stomach last Oct. 1. During an interview with the victims, she told the police that Mallick had been drinking.

She said that, prior to the incident, she had arrived home around noon after taking her daughter to the Commonwealth Health Center emergency room to be seen by a doctor. She did not specify her daughter's medical condition.

Between 2pm and 3pm, she said Mallick went to their bedroom and was arguing with her and then started pulling her leg, which made her fall off their bed.

While she was on the floor, she said Mallick leaned over and punched her three times in the stomach.

When she got up, she said Mallick held her behind her neck with his left hand and started shaking her and told her to leave the house. He then left the house himself.

Police arrested Mallick on the same day at around 5:42pm and brought him to the Department of Corrections where he was booked and detained.

ARMATECH

CCTV Installer and Repairer
Tel: (670) 234-8895 I Email: armatech.saipan@gmail.com
Mobile: (670) 287-5525 / (670) 783-8895

CELEBRATING
COMMONWEALTH
Cultural Day

"A nation's culture resides in the hearts and in the soul of its people"
Mahatma Gandhi

From the Office of Senate President
Jude Untalan Hofschneider
and the Members of the 22nd Senate
Commonwealth Legislature and Staff

Happy Commonwealth
Cultural Day

"I would like to wish everyone a Happy Commonwealth Cultural Day!

As we celebrate Commonwealth Cultural Day, let us recognize and celebrate the cultures, customs, and traditions of our indigenous cultures and our diverse community, which make the Marianas one of the most unique places in the world.

Please enjoy the rest of your holiday with family, friends, and the people you love. Happy Commonwealth Cultural Day, Marianas!"

– Governor Ralph DLG. Torres

Heavy rains possible this week—NWS

Heavy rainfall is possible this week on Saipan, Tinian, and Rota, based on the information received from the National Weather Service in Guam and compiled at the CNMI Emergency Operations Center State Warning Point.

NWS said that a developing monsoon trough and moderate surge combined with a possible tropical disturbance is expected to bring heavy rain to the Marianas from Tuesday to Friday.

A monsoon trough is currently in place across the Marianas, with easterly winds over Tinian and Saipan and south to west winds for Guam and Rota. The monsoon trough looks to remain fairly stationary over the next several days, then drift northward as weak circulations develop and move west-northwestward, dragging the trough with them. Early to midweek this week, a modest surge is expected over the region, resulting in increasing convection. This surge and associated increased moisture looks to maintain moderate to heavy showers across the Marianas through the remainder of the week.

Regardless, the developing situation looks very favorable for locally heavy rainfall capable of producing flash flooding across the Marianas.

Residents need to closely monitor this developing situation.

If living near streams and rivers, prepare to move items away from stream and riverbanks. Make sure storm drains nearby are not clogged, especially if living in low-lying areas.

This outlook will be updated over the next few days with additional information, or cancelled if the situation changes. ***(Saipan Tribune)***

VETERAN

From Page 1

ment Authority $440,000 last week to examine the growth and economic feasibility of the Tinian Beef Cattle Industry and provide technical support to the Tinian Cattlemen Association.

He said the project aims to provide a roadmap to attract private investment and advance economic resiliency in the Marianas.

Sablan also disclosed that the Interior Department announced Thursday last week that the CNMI is receiving $1.9 million in Compact Impact funds.

On veteran suicides, the delegate said the U.S. House of Representatives Committee on Veterans Affairs reviewed the DVA's 2022 National Veteran Suicide Prevention Annual Report at a hearing on what works to prevent veteran suicides.

Sablan said the decrease in veteran suicides came despite the COVID-19 pandemic, which mental health professionals said could possibly create "a perfect storm of increased veteran suicide rates."

He said the lessening of the veterans' suicide rate coincided with the DVA's launch in 2018 of a National Strategy for Preventing Veteran Suicide that included measures such as a telephone hotline for veterans experiencing suicidal thoughts.

"You can call the hotline for the Marianas. Dial 988, then press 1 for the National Veterans Crisis Line," the delegate said.

According to the 2022 National Veteran Suicide Prevention Annual Report, in 2020, there were 6,146 veteran suicides, or an average of 16.8 per day. In 2020, there were 343 fewer veteran suicides than in 2019, and the number of veteran suicides was lower than each year since 2006.

From 2001 through 2018, the number of veteran suicides increased on average by 47 deaths per year.

From 2019 to 2020, there were consecutive reductions, of 307 and 343 suicides, respectively, showing an unprecedented decrease since 2001.

From 2018 to 2020, age-and sex-adjusted rates for veterans fell by 9.7%. The report noted that this was a larger percentage decrease than was observed for non-veteran U.S. adults (5.5%).

» Delegate says CEDA awarded $440K to look into economic feasibility of the Tinian Beef Cattle Industry

» CNMI receiving $1.9M in Compact Impact funds

In 2020, adjusting for population age and sex differences, the suicide rate for veterans was 57.3% greater than for non-veteran U.S. adults.

The pandemic was announced in early March 2020. By the year's end, COVID-19 was the third-leading cause of deaths in the U.S., both overall and for veterans.

Despite the pandemic, the veteran suicide rate in 2020 continued a decline that began in 2019.

Comparisons of trends in veteran suicide and COVID-19 mortality over the course of 2020, and across veteran demographic and clinical subgroups, did not indicate an impact of the COVID-19 pandemic on veteran suicide mortality, according to the report.

On Compact Impact, Sablan said the total funding includes $1,652,879 in Compact Impact mandatory funding and $275,480 in discretionary funding.

He said that in July, the CNMI government submitted proposals for the use of the funds to offset costs associated with providing education, health, and safety-related services to migrants from the freely associated states of Palau, the Marshall Islands, and the Federated States of Micronesia.

Provided for under the Compact of Free Association, as amended, U.S. Public Law 108-188, mandatory funding is made available to each of these eligible governments to help defray costs associated with increased demands on health, education, and social services, or infrastructure related to such services provided to individuals who have migrated from the freely associated states to these U.S. jurisdictions.

Under current law, mandatory Compact Impact funding provided to affected jurisdictions—CNMI, Guam, Hawaii, and American Samoa—under U.S. Public Law 108-188, ends in fiscal year 2023.

CLERGY

From Page 1

in compensation of $34 million to $100 million to more than 270 survivors of Guam sexual abuse/assault from members of the clergy, some of which occurred in the 1950s.

Speaking with *Saipan Tribune* over the weekend, Sablan said he's happy that the case is behind them now, and that the victims are going to get compensated.

"But you know, there's no amount of money that can take away the pain and the anxiety that all of these victims that they experienced at the hands of these terrible, evil priests," Sablan said.

Tudela, 79, a retired federal government employee, was 13 years old when he was sexually abused by a priest and other clergy. He was the first one in Guam to come out in public against the clergy abuses.

In the same interview with Sablan on Saturday, Tudela said the judge's approval of the plan is wonderful and that he and the other victims are very grateful. "It's been a long, long journey. It took over six years now. Of course we're happy. It's not a perfect one but it's a reasonable one," he added.

The clergy sex abuse case has been dragging on in Guam since 2016.

The Archdiocese of Agana filed for bankruptcy in 2019 after hundreds of victims of clergy sex abuse filed lawsuits to seek compensation.

U.S. District Court for Guam Chief Judge Frances Tydingco-Gatewood confirmed last week the joint bankruptcy exit plan.

Sablan said the Concerned Catholics of Guam Inc. is an organization that was established in 2016 and has been supporting the victims, and noted that some of the victims are from the CNMI.

"We want them to settle quickly with these victims so that we can put this history behind us and more forward," he said.

Since 2016 when the original lawsuit was filed against the church, the the Archdiocese of Agana in Guam had to file for bankruptcy because the claims amounted to over $100 million.

"So they just don't have the money. So they filed for bankruptcy. So now the settlement with all the claimants, including the victims' committees, has to go through the bankruptcy court. That was settled just last week," Sablan said.

He said under the exit plan, the Archdiocese of Agana is going to put a minimum of $34 million in a trust fund and that will be distributed to the claimants, including the victims. Sablan said it could also go up to around $45 million if certain assets of the archdiocese are sold, such real estate properties.

A longer version of this story is available at www. saipantribune.com

MANGLONA

From Page 1

Bogdan received a "deficient" rating in the NMI Bar Association's evaluation of their performances on the bench.

Manglona, Camacho, and Bogdan are seeking retention on the bench this Nov. 8 general elections.

According to the NMI Bar Association's results of the performance evaluation released over the weekend by the association's president, Charity Hodson, Manglona obtained a high overall average rating of 4.54, while Camacho got 3.39, and Bogdan 2.66.

Bogdan

"Good" or a total average of 4 means the magistrate often exceeds minimum standards of performance.

"Acceptable" or a total average of 3 means the magistrate meets minimum standards of performance.

"Deficient" or a total average of 2 means the magistrate does not always meet minimum standards of performance.

"Excellent" or a total average of 5 means the magistrate consistently exceeds minimum standards of performance.

"Unacceptable" or a total average of 1 means the magistrate seldom meets minimum standards of performance.

Hodson said the evaluation rated the magistrates based on experience; integrity; professional competence; judicial temperament; service to law and contribution to the effective administration of justice; preparation; attentiveness; control over judicial proceedings; judicial management skills; courtesy to litigants, counsel, and court personnel; public disciplinary sanctions; and quality of opinions.

Manglona's highest rating was 4.8 for public disciplinary sanctions; his lowest was 4.2 for quality of judicial opinions.

In October 2014, Manglona also got a "good" overall average rating.

This Nov. 8 is Manglona's third time to go through a retention election. At the November 2007 election, voters overwhelmingly voted for Manglona's retention as associate justice. At the November 2014 election, voters also overwhelmingly retained Manglona as associate justice. His term expires in May 2024.

Manglona and his wife, U.S. District Court for the NMI Chief Judge Ramona V. Manglona, were the first to obtain an impressive "good" overall average rating among the magistrates who underwent performance evaluation by the NMI Bar Association. The couple first obtained the "good" rating during the performance evaluation in 2007.

A longer version of this story is available at www. saipantribune.com

APPLEBY

From Page 1

of Appleby who was thrown back in prison in 2020 after violating the terms of his probation after he was granted parole back in 2019.

The Office of the Attorney General's chief criminal prosecutor, Chester Hinds, pushed back against early release for Appleby, who is currently serving a 42-year sentence for murder, escape, and additional charges, given his extensive rap sheet, and his tendency to violate probation.

According to Hinds, Appleby was granted parole and released from the Department of Corrections back in Sept. 9, 2019. However, only six months after being released on parole, Appleby violated the terms of his parole conditions and was charged with assault and battery - domestic violence, and obstructing justice - interference with a witness, which occurred on or about March 24, 2020.

Hinds said that Appleby's parole history shows that even while previously on parole, he has not been able to adhere to the terms and conditions of his last two parole releases. The inmate was previously granted parole on two separate occasions.

"Appleby was released on Feb. 21, 2011, when he was first granted parole. His parole was later revoked, and Appleby was back in prison beginning on July 5, 2012. On Sept. 9, 2019, he was released on parole a second time. Shortly after his release, Appleby was right back in DOC custody beginning on March 26, 2020, for another parole violation after being arrested on March 24, 2020. Clearly, Shawn Appleby continues to pose as a significant threat to the safety and welfare of the Commonwealth," he said.

Aside from the murder and escape cases the inmate has been charged with, his criminal history also indicates that he has been charged with other crimes that include conspiracy, assault and battery, assault with a dangerous weapon, robbery, theft, riot, and numerous counts for burglary on separate cases.

In addition, Hinds noted that Appleby previously admitted to drinking alcohol and using methamphetamine.

"The inmate's self-admission to the use of meth causes a concern for potential future criminal acts. In fact, this poses as a public safety concern, and for the safety of the community," said Hinds.

In addition to Appleby, five others have applied for parole but two were denied while three were granted early release.

Aside from Appleby, the board also denied the parole requests of Joshua Indalecio Martin, who is currently serving a 30-year prison term for sexual assault in the first degree; and Calistro Acosta Crisostomo, who is serving a five-year sentence for burglary and theft.

Meanwhile, the board granted parole for Clifford Jack Palacios, who was incarcerated for theft of a debit card; Travis John Camacho, who was convicted of robbery back on Aug. 18, 2022; and Steven Hasugulgam who is serving a 10-year sentence for eight separate counts of burglary in different cases.

Youth Congress swears in three new members

CONTRIBUTED PHOTO

Youth sens. Zenn Ichiro E. Tomokane, Tamisha Lia DB Sablan, and Ysabella Nikonia Rita V. Palacios pose with Youth Congress speaker Yurihana DLG Sasamoto, Lt. Gov. Arnold I. Palacios, House Speaker Edmund Villagomez (Ind-Saipan), vice speaker Rep. Blas Jonathan T. Attao (R-Saipan), Reps. Angel A. Demapan (R-Saipan), and Leila Staffler (D-Saipan), Sen. Vinnie F. Sablan (R-Saipan), Education Commissioner Alfred B. Ada, and Board of Education vice chair Antonio L. Borja.

The 18th CNMI Youth Congress welcomed new additions into their ranks last month with the swearing-in of three new members—Zenn Ichiro E. Tomokane, Tamisha Lia DB Sablan, and Ysabella Nikonia Rita V. Palacios—who were sworn in by Youth Congress speaker Yurihana DLG Sasamoto.

Tomokane, Sablan, and Palacios fill the seats of former youth senator Easton Dela Cruz, former vice speaker Liekeila'akata Iakopo, and former speaker Cielo G. Long. All three senators have left the Commonwealth for educational and career opportunities.

Attending last month' ceremony were Lt. Gov. Arnold I. Palacios, House Speaker Edmund Villagomez (Ind-Saipan), vice speaker Rep. Blas Jonathan T. Attao (R-Saipan), House floor leader Ralph N. Yumul (R-Saipan), minority leader of the House and former Youth Congress senator Rep. Angel A. Demapan (R-Saipan), and Rep. Leila Staffler (D-Saipan). Representing the Senate as a whole was Senate floor leader Sen. Vinnie F. Sablan (R-Saipan). In addition to the family and friends of the new senators, Commissioner of Education Dr. Alfred B. Ada and Board of Education vice chair Antonio L. Borja attended the swearing-in ceremony together with principals and vice-principals of the schools of the new members.

In their privileged statements, each senator took he time to address those in attendance and offer gratitude. "I am beyond excited to be working with you all and look forward to everything the Youth Congress has to offer," said Tomokane who originally ran for the seat he now occupies in last year's Youth Congress election. He is from Marianas High School.

Palacios, a 10th grader at Tinian Jr.-Sr. High School who is the youngest member of the body expressed her enthusiasm and excitement, saying, "I am looking forward to collaborating with all of my colleagues for the remaining term of the 18th … Youth Congress, and this will be a valuable learning experience for me."

Sablan, who also serves as Kagman High School's student council president said, "Thank you to my family and friends for all the unconditional support that you have shown me. I wouldn't be here today without you all." Like the other three, she also expressed her optimism at the task ahead of representing her peers in the Youth Congress. ***(PR)***

Docomo Pacific sponsors Rota's 2022 Bisita Luta Festival

Docomo Pacific, regional leader in innovation, telecommunications, and entertainment, proudly sponsored the 2022 Rota Bisita Luta Festival that took place on Thursday, Oct. 6 through Saturday, Oct. 8.

Bisita Luta ("Visit Rota") is an annual three-day festival inviting visitors from the Marianas to the island of Rota to celebrate the island's beauty and unique local culture. The festival consisted of various events, including a ribbon cutting ceremony for the Chamorro Village Learning Center, a fishing derby, a concert, and competitions for food and dance. As it was Rota Mayor Efraim Atalig's final year in his administration, this year's event was one of the biggest.

"Thank you Docomo Pacific for the generous donation for the people of Rota. We appreciate all the help and support you guys have provided for this year's fiesta. *Un dangkulu na si yu'us ma'ase*," said Atalig.

Docomo Pacific is proud to lend its resources to support this fantastic local event. In addition to a monetary donation of $5,000, Docomo Pacific representatives flew down to show support and partake in the community festivities, activate a festival booth, and showcase some of our latest products and services. We remain committed to supporting activities that foster cultural education, reinforce traditions and create a sense of belonging in the community. ***(Docomo Pacific)***

From left, Shane Deleon Guerrero, CNMI retail manager, Docomo Pacific; Brent Deleon Guerrero, CNMI brand manager, Docomo Pacific; Nicole Babauta, CNMI consumer sales manager, Docomo Pacific; Pauline Johnson, CNMI general manager, Docomo Pacific; Rota Mayor Efraim Atalig; Taylor Hocog, CNMI Customer Service representative, Docomo Pacific; and Aubrey Hocog, special assistant for Programs & Grants, Rota Mayor's Office.

CONTRIBUTED PHOTO

NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, Saipan, MP 96950-0514

INVITATION FOR BIDS (IFB)
(THIS IS AD IS PAID FOR NMHC WITH HUD FUNDS)

NMHC IFB 2022-011

BID SUBMISSION DATE & TIME: October 27, 2022, 2:00 p.m.

Kagman Community Park Phase II Project

Project package will be available on September 26, 2022, at the NMHC Central Office in Garapan, Saipan, during regular working hours (7:30 a.m. to 4:30 p.m.) Monday thru Friday except CNMI holidays. A non-refundable payment of One Hundred Dollars ($100.00) is required for each set of the project package. Payment must be made payable to NMHC and a receipt of payment must be presented when obtaining the project package at the reception counter.

The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

A Mandatory Pre-Bid conference will be at the NMHC Conference Room located in Garapan, Saipan on October 06, 2022, 2:00 p.m. Failure to attend the Mandatory Pre-bid conference will be considered a non-responsive bidder. Immediately after the Mandatory Pre-Bid conference, bidders are required to join the NMHC Personnel to visit and examine the project site. Failure to attend the project site visit will be considered a non-responsive bidder. Inquiries regarding this solicitation must be addressed in writing to Mr. Jacob Muna, Office Manager/Procurement Officer via email at officemanager@nmhcgov.net or mail at P.O. Box 500514, Saipan, MP 9650 or via fax at (670)234-9021, no later than 9:00 a.m. October 06, 2022.

For more information, contact Mr. Jacob Muna, Office Manager/Procurement Officer, at (670)234-6866/9447 or email at officemanager@nmhcgov.net during regular business hours, 7:30 a.m. – 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/
Jesse S. Palacios
Corporate Director

/s/
Merced "Marcie" M. Tomokane
Chairwoman
NMHC Board of Directors

COMMONWEALTH UTILITIES CORPORATION
OFFICE OF THE EXECUTIVE DIRECTOR

REQUEST FOR STATEMENT OF QUALIFICATIONS
CUC-RSQ-22-037

PROGRAM MANAGEMENT SERVICES FOR CUC'S SUSTAINABLE WATER INFRASTRUCTURE MANAGEMENT STRATEGY (SWIMS) PROGRAM

The Office of the Executive Director for the Commonwealth Utilities Corporation (CUC) is soliciting Statement of Qualifications from qualified firms for Program Management Services for CUC's Sustainable Water Infrastructure Management Strategy (SWIMS) program. This is a comprehensive planning, investigation, design, construction and operations approach to manage Non-Revenue Water and the delivery of safe and affordable drinking water to the island of Saipan, Commonwealth of the Northern Mariana Islands.

The proposed program is funded by a grant from the U.S. Environmental Protection Agency (EPA). All work is subject to grantors approval.

The RSQ package will be provided via email to the registered email ID upon completion of registration at the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays.

One (1) original and Five (5) copies of the RSQ must be submitted in a sealed envelope marked *"CUC-RSQ 22-037, Request for Statement of Qualifications for Program Management Services for the Commonwealth Utilities Corporation's Sustainable Water Infrastructure Management Strategy (SWIMS) Program"* to CUC Procurement & Supply Division, 3rd Floor, Room No.3, Joeten Dandan Commercial Building, P.O. Box 501220, Dandan, Saipan, MP 96950, **no later than 10:00 a.m. (ChST) on October 11, 2022.** Statements of Qualifications mailed via postal or courier service must be received or postmarked on or before due date and time. Late submissions and conditional proposals will not be considered.

A&E firms are advised that CUC assumes no responsibility for any act of omission on the part of the A&E firms due to a lack of information or understanding of the RSQ requirements in the course of the Consultant's preparation of an SOQ under the contract.

Discussions may be conducted with responsible/qualified A&E firms who submit proposals determined to be reasonably susceptible to being selected for the award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. A&E firms shall be accorded fair and equal during discussions; there will be no disclosure of any information derived from proposals submitted by competing offerors.

This RSQ does not commit CUC to the award of a contract or contracts nor to pay any cost incurred in the preparation and submission of statements of qualifications in anticipation of a contract. This request and the ensuing contract shall be executed pursuant to the CUC procurement regulations. The contractor shall be required to comply with all CNMI and applicable federal regulations.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 a.m. (ChST) on September 20, 2022**, to Manny B. Sablan, CUC Purchasing Administrator via email address manny.sablan@cucgov.org with a copy to Larry Manacop, CUC Acting Water/Wastewater Chief Engineer via email address larry.manacop@cucgov.org, and Christie Sablan, Administrative Technician Senior via email address, christie.sablan@cucgov.org.

CUC reserves the right to reject any or all Statement of Qualifications for any reason and to waive any defects in said RSQ, if in its sole opinion, to do so would be in the best interest of CUC. All Statement of Qualifications shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator

COMMONWEALTH UTILITIES CORPORATION
OFFICE OF THE EXECUTIVE DIRECTOR

INVITATION FOR BIDS
CUC-IFB-23-002

Sewer Main and Manhole Replacement Project (Beach Road and Chalan Kanoa)

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified firms for the Sewer Main and Manhole Replacement Project (Beach Road and Chalan Kanoa) in Saipan, Commonwealth of the Northern Mariana Islands. The project consists of the installation of gravity sewer main, new service laterals, connection to existing service laterals, and the installation of sewer manholes.

The project is funded by a grant from the American Rescue Plan Act (ARPA) and CUC. The award of this project is contingent upon receipt of approval for project award from ARPA.

CUC requires the project to be completed in **365 calendar days** from date of award of contract.

Prospective Bidders for this IFB must pre-register with the CUC Procurement & Supply Division. The IFB package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of **$200.00** for one IFB package set.

A Pre-Bid Conference followed by site visits will be held on **October 18, 2022 at 10:00 AM (ChST)** at the CUC Main Conference Room, 3rd Floor, Room No. 17, Joeten Dandan Commercial Building.

One (1) original and Five (5) copies of the bid MUST be submitted in a sealed envelope marked **"CUC-IFB-23-002, Sewer Main and Manhole Replacement Project (Beach Road and Chalan Kanoa)"** to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **10:00 AM (ChST) on November 09, 2022**, at which time they will be publicly opened and read aloud. Bids mailed via postal or courier service must be received on or before due date and time or post-marked before due date and time. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement this form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission. **Late submissions and conditional bids will not be considered.**

A Bid Guarantee of not less than fifteen (15%) percent of the total bid price must accompany the bids. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the Unites States Secretary of Treasury as an acceptable surety.

A Payment Bond of one hundred (100%) percent and a Performance Bond of one hundred (100%) of the total bid price will be required upon the execution of the contract by the successful bidders. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). Bidders are required to submit clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract. Bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

This Invitation for Bids does not commit CUC to the award of a contract or contracts, nor to pay any cost incurred in the preparation and submission of bids in anticipation of a contract.

Questions or requests for clarification will be entertained only from pre-registered bidders and must be submitted in writing no later than **10:00 AM (ChST) on October 21, 2022** to Mr. Manny B. Sablan, CUC's Purchasing Administrator, via email address manny.sablan@cucgov.org, with a copy to Larry Manacop, Acting Chief Engineer for Water/Wastewater via email at larry.manacop@cucgov.org, Joel Puyat, Water/Wastewater Engineer via email at joel.puyat@cucgov.org and Ms. Christie L. Sablan, Procurement & Supply, Senior Administrative Technician via email address at christie.sablan@cucgov.org.

CUC reserves the right to reject any or all bids for any reason and waive any defects in said bid proposal, if in its sole opinion, to do so would be in the best interest of CUC. All bids shall become the property of CUC.

GARY P. CAMACHO
EXECUTIVE DIRECTOR

MANNY B. SABLAN
PURCHASING ADMINISTRATOR

AS BUSINESS TURNS 13 YEARS OLD

50% off at Jigz Barbershop & Beauty Salon

CONTRIBUTED PHOTO

Barbershop & Beauty Salon, which now has a full complement of barbers and hairdressers, is celebrating its 13th anniversary by offering 50% off on all services this Oct. 14.

MARK RABAGO
mark_rabago@saipantribune.com
ASSOCIATE EDITOR

Some say 13 is an unlucky number, but don't tell that to Jigz Barbershop & Beauty Salon owner Jigg Hernando. On the occasion of the barbershop and beauty salon's 13th anniversary last Oct. 5, 2022, Hernando is offering 50% off on all services on specific days. The promotion started last Saturday, Oct. 7, and will again be offered this coming Saturday, Oct. 14.

"This is our little way of showing our appreciation to our loyal customers these past 13 years," said Hernando.

All of Jigz Barbershop & Beauty Salon's services are covered by the 50% promotion and they include haircut, color/highlights, perm/hair spa, hair dye/hot oil, and rebond/Brazilian.

"This doesn't happen often so everyone who wants to have a big discount on your beauty care needs, this is your chance," said Hernando.

Jigz Barbershop & Beauty Salon also welcomes four new barbers and hairstylists.

"Since we moved to this spacious location in Chalan Kanoa, why not maximize all the space by accommodating two new barbers and two new hairstylists. This will meet the needs of our valued clients' demands," said Hernando.

The four new staff are Beejay Abao Deniega, Adonis Bernales Vallejos, Michael Pascua Oliverio, and Welkie Lanoy.

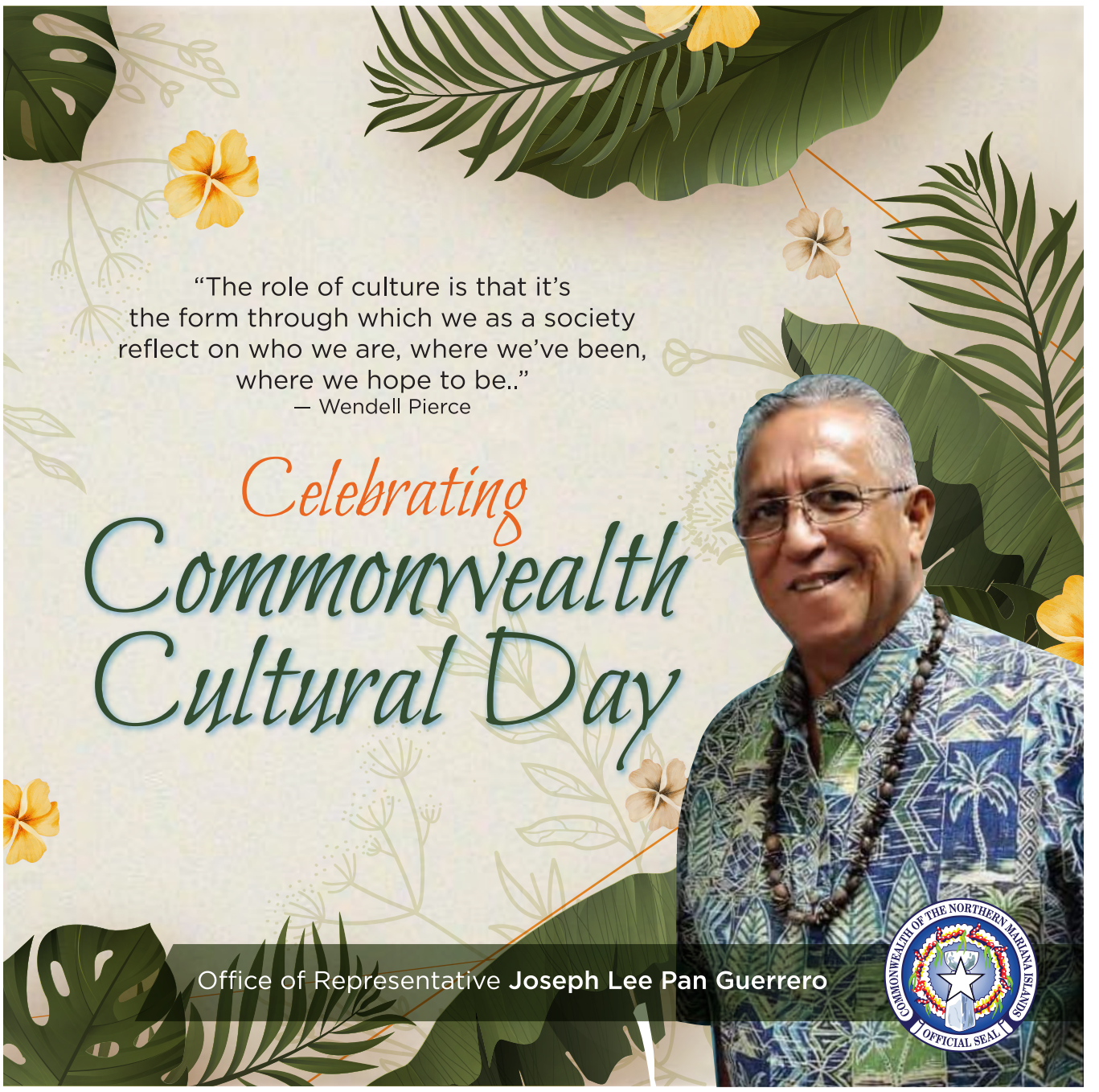
Deniega, 23, hails from Las Pinas, Philippines. He's had five years' experience as a barber and his expertise include haircut, black mask, shaving and massage, and hair treatment

Thirty-one-year-old Vallejos is also from Las Pinas and has been working in the beauty care industry the past 12 years. His cup of tea is men's haircut, shaving, black mask, massage, and hair treatment.

Oliverio, 35, is from Taguig and has 12 years' experience working in a barbershop and beauty salon, while 44-year-old Lanoy has been an all-around beautician for the past 20 years. He is from Ubay, Bohol in the Philippines.

Jigz Barbershop first opened at the VS Sablan Building in Chalan Piao in 2009. It relocated to the CDA Building in Oleai a few years later before moving to its current home on the ground floor of the MSV Building near the U.S. Post Office along Beach Road in Chalan Kanoa.

Jigz Barbershop is open from Monday to Sunday, 10am-7pm. They are also open during holidays. For appointments and for more information, call 670-235-1929 or 670-484-1929.


"The role of culture is that it's
the form through which we as a society
reflect on who we are, where we've been,
where we hope to be.."
— Wendell Pierce
Celebrating
Commonwealth
Cultural Day
Office of Representative Joseph Lee Pan Guerrero
COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
OFFICIAL SEAL

How's Your Hearing?
Specializing in:
Hearing Evaluations
Custom fitted hearing aids
Digital and ProgrammableTechnology
Custom Communication Devices
Thursday, Oct 20th 9:00am - 4:00pm
Friday, Oct 21st 9:00am - 4:00pm
at Marianas Medical Center in Garapan
BOARD CERTIFIED NATIONAL BOARD FOR HEARING INSTRUMENT SCIENCES CERTIFICATION NBC HIS
Ross Hearing Aids
All interested patients should call
Marianas Medical Clinic for scheduling
234-3925/7
Insurance accepted: AETNA and Medicaid
Jennifer Ross, BC-HIS
Board Certified in Hearing Instrument Sciences
Email: rosshearingaids@yahoo.com

Opinion

Hafa Adai!
Saipan Tribune
THE CNMI'S FIRST DAILY NEWSPAPER
Volume XXXII, Issue No. 201

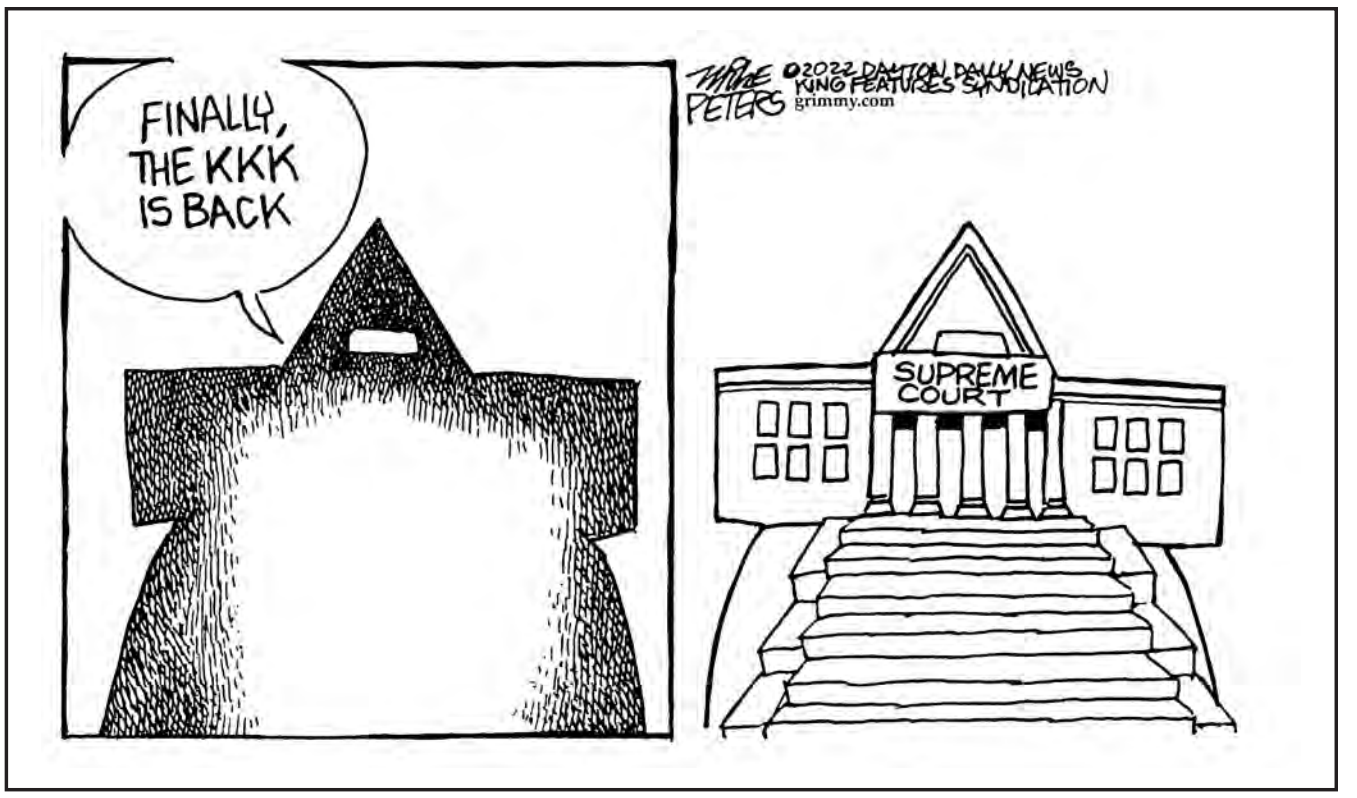
Published daily at 2/F JP Center,
Beach Road, Garapan, Saipan, CNMI
Mailing Address: PMB 34, Box 10001, Saipan, MP, 96950

Jayvee L. Vallejera EDITOR
jayvee_vallejera@saipantribune.com

Mark Rabago ASSOCIATE EDITOR
mark_rabago@saipantribune.com

MEMBER

The Associated Press | Pacific Islands News Association



A pandemic lesson: The less you do, the less you do

By JULIE AND DAVID BULITT
THE BALTIMORE SUN

Benjamin Franklin once said "if you want something done, ask a busy person," to which comedian Lucille Ball later added "the more things you do, the more things you can do." The point, of course, is that people who stay busy are more energetic, more organized and more motivated by nature.

We observed the opposite over two years of monotony and incubation during the pandemic, which resulted in a jump in laziness and less desire for people to get out of their comfort zones. For the first several months of the pandemic, activities were limited, responsibilities at work lessened, and lives constricted. As energy levels declined, anxiety meters rose. In other words, the less you do, the less you do.

But now, as the pandemic winds down and falls off the front page, the world has largely returned to normalcy. Although booster shots and masks still remain, COVID-19 no longer presents the fright and worry as in the past. Recently, President Joe Biden put a stamp on that when he announced that "the pandemic is over." While he may be right, the pandemic symptoms remain.

Anxiousness over getting sick has been replaced with a palpable fear of getting back to pre-pandemic life — going to group events, going back to the office each day, getting out of our box. Maintaining a status quo is easy. Change? Not so much. The pandemic imposed upon all of us a new status quo of doing, questioning and living less. Taking the easy way out was, well, easier. Couples who were unhappy but forced to stay together due to the lockdown are now free to get up and out, separate and start a new life. But will they? Should they? Can they? And what about the rest of us? What will we do with our freedom?

Technology has adapted to the new world but also serves as a double-edged sword. On the one hand, many of us can work from anyplace and at any time. We can see our family members whenever we want. FaceTime, Zoom, Teams — there are an endless supply of platforms to be with people without really being with them. Why get dressed, pay for child care or miss work, drive to your lawyer or therapist's office and pay for parking when you can just talk to them with a click or keystroke? No need to meet up with friends or spend the money going out to dinner. Lets cook at home or call for delivery. We'll see you for a "virtual happy hour."

As professionals, virtual meetings just don't tell the whole story. In person and real face-to-face interaction builds trust and connection much more efficiently than having a virtual session or meeting. On a computer, you can't see everything, you lose out on certain cues that are easily picked up when in person. If someone has self esteem issues or if a potential divorce client has sustained physical abuse, those may be difficult to identify on a computer screen.

The two of us are not immune. We like to wear exercise

See PANDEMIC on Next Page

American debt and a stronger dollar— a national security problem

RICK'S COLUMN
By RICK ARRIOLA PEREZ
Special to the Saipan Tribune

Rick Arriola Perez is a U.S. military veteran who has worked for the U.S. Department of Defense, the Bank of Hawaii, and the government of Guam. He holds several degrees including ones from University of California Los Angeles and the U.S. Naval War College in Newport, R.I. Rick is passionate about national security and foreign affairs in the Pacific Asia region and runs a blogsite called Guam Affairs at guamaffairs.substack.com. For more information, contact Perez at rickp7839@gmail.com.

The American national government is headed down the path of achieving an accumulated record amount of debt surpassing $31 trillion. This unit of measure signals an America in decline. Our imperial nation is arguably in decline in part because we are borrowing way above our capacity to pay back accrued credit taken out.

As total national debt levels increase, the United States will continue to both retire existing debt and then issue new debt in order to help fully fund governmental operations.

It is expected that, as interest rates continue to rise, other nations will find incentives to purchase American government debt because of higher interest rate returns for bond holders. However, for the United States, this means it will be even more expensive to borrow money to help run the federal regime.

As our nation enters new territory, the United States government is also operating on a temporary funding basis through the congressional passage of a continual resolution for the next couple of months. These developments signal a weakened nation, not disciplined enough to be more fiscally accountable.

Interest rates—another national security problem

The Federal Reserve, which is the central bank of the United States in charge of ensuring the financial stability of the nation, continues to raise interest rates because there are tremendous pressures to slow down inflation. The Federal Reserve is also the entity that prints new electronic money and floods total dollars for public circulation.

Now higher interest rates make it more expensive for potential homebuyers to purchase a house. The outcome is that potential home purchasers will be priced out of the market in part because the cost of borrowing money becomes too high.

Higher interest rates also dissuade businesses and consumers who want to buy cars and take out car loans to think twice before pulling the decision-trigger. The point here is that higher costs of living are directly tied to the security of our national and home island populations, which in turn, contribute to the nature of the health of our American national security.

Cost of oil

As inflationary pressures grow and as the American national debt situation worsens, oil prices may increase once again, which is not good for the country and our Marianas. Oil prices have spiked and dropped since the war in Ukraine started, but OPEC member nations have now decided to cut net production of oil by about two million barrels per day or roughly 2% of total worldwide daily production.

Should net oil supply availability shrink, oil and oil futures may rise, which may hurt Guam and Northern Marianas residents in the pocketbook. Currently, the United States continues to rely on tapping the national strategic petroleum reserves to help meet daily national demand, but this does not impact the cost of oil for the Marianas.

What might happen after the elections are over and we move into 2023

After the elections are over later this year and we move into 2023, it is expected that if inflationary pressures persist, if oil prices rise, and if new job hires slow down to a halt, worldwide business activity may decline. If this happens it would be driven by people, businesses, and governments cutting back on spending and trading. The consequences of this happening have practical outcomes that affect us all.

For the Mariana Islands, constant externally generated pressures to contend with

If inflation persists, and the dollar holds ground, a strong American dollar may make it more expensive for Asian tourists to visit Guam and the Northern Marianas because of exchange rate pressures. If interest rates and inflation spiral too high to new and consistent levels, net overall tourism in the region may simply drop even more and the Marianas will continue to feel the pain. People will simply delay or cancel travel plans. Airline prices, however, may increase due to captive market forces and the cost of fuel and performing commercial air business operations.

In addition, if oil prices concurrently spike, the Marianas may feel the stress associated with paying higher energy bills just as tourism arrivals lag and our island chain continues to focus on military-related spending to help prop up the local island economies.

The challenge with this situation is that the Marianas governments may also find themselves without federal funding tied to COVID-19, placing new and added pressures on our insular economies.

See AMERICAN on Next Page

EDITORIAL POLICY Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Here's why Ukraine is winning: It is fighting a modern war while Russia's army is lost in WWII

By TRUDY RUBIN
The Philadelphia Inquirer

Trudy Rubin is a columnist and editorial-board member for the Philadelphia Inquirer. *Readers may write to her at:* Philadelphia Inquirer, *P.O. Box 8263, Philadelphia, Pa. 19101, or by email at trubin@phillynews.com.*

As I was watching YouTube videos of Ukrainian forces advancing against Russian troops, my mind flashed back to a conversation I had in a pizza restaurant in Kharkiv in July with a 50-year-old Ukrainian military volunteer whose moniker was Sergo.

Despite a bad leg (seriously mangled during service in 2014, when Russia first invaded eastern Ukraine), Sergo left his construction business and rushed to the front when Russia threatened his city. "The people protected the government, not vice versa," he told me. "All Kharkiv was furious at the invasion."

Together with a fellow veteran and tank specialist — who had lost a leg in 2014 — Sergo located an "old-fashioned" antitank weapon and got to the ninth floor of an apartment building in the besieged Kharkiv district of Saltivka. "We waited for Russian tanks and burned one," he recalled.

Sergo's story, and many others that I heard like it, illustrates the real reasons for Ukraine's success — which go far deeper than the critical U.S. supply of long-range, precision weapons, or the shoddiness of the Russian army.

The Ukrainians know why they are fighting; theirs is an existential war for survival. As Vladimir Putin has made clear, a defeat would mean they would lose their sovereignty and live under brutal Russian repression. "We are fighting for our independence and our identity," Sergo said.

But equally important to their victories is the democratic structure of Ukrainians' society and military. They were ready for modern, 21st-century warfare. The Russians still seem stuck in World War II.

"We are smaller than Russia and don't have so much artillery or manpower," I was told by Yehor Soboliev, a former member of parliament who joined the military as soon as Russia attacked Kyiv. "But we have social capital. We were born for this kind of networked war."

What Soboliev means is that today's warfare often demands decentralized decision-making and adaptive action on the front lines, especially in the era of drone warfare, when new opportunities arise suddenly from what the drone allows soldiers to see. "In the United States, officers on the ground can make decisions," the former parliament member noted. Ukrainians are capable of doing the same.

The Russians, on the other hand, he said, "are much more centralized than us, like mental slaves." In an army top heavy with generals, Russian officers wait for orders from above.

It was the kind of decentralization Soboliev described that led to the critical Ukrainian victory in Kyiv in late March and early April, when Russian troops were forced to withdraw after two months of ugly destruction around and on the edges of the capital city.

"We made decisions at the horizontal level," Soboliev said, "which is why we were so quick and successful." With senior commanders flummoxed by the sudden Russian invasion, local Ukrainian volunteer units activated their own connections to link up regular army units with military and civilian volunteers —networking on the front line. "One lady would call Sasha or Pasha," who would call in sightings of Russians to military units or take them supplies.

I heard similar stories in July from young officers who were sent, unprepared, to the front in Mykolaiv in February when Russian troops poured in from Crimea.

Two military lawyers, Alex and Volodymyr (who use only their first names as they are on active duty), were called back from vacation and thrust into battle unprepared in late February. Their unit was soon surrounded, in a forest, by Russian infantry and tanks. The soldiers, including several female officers, were trapped in five cars, three of them civilian vehicles, with only their rifles at hand. "Our signals were broken, and we had no connection with command," Alex recalled, as we sat in one of the only restaurants still open in boarded-up Mykolaiv on their day off in July.

The unit conferred, then made a decision: The female officers scrounged track suits from some of the men, put aside their rifles, and drove straight into Russian lines, claiming to be civilians fleeing the violence. They got through to headquarters, gave the coordinates of their comrades, who were rescued, and of the Russians, who were cut down. "We used our brains. We are Ukrainians," Alex declared proudly.

"What the war showed," he told me, "is the quality of young Ukrainian officers of middle and lower rank. Just because of them we survived, because they took command in their own hands when senior officers were unable." Volodomyr, who had never driven a tank, became a tank platoon commander and later saved Alex's life in a subsequent battle.

Of course, the war is now in a very different phase, with coordinated Ukrainian counteroffensives being conducted on several fronts, crucially aided by U.S. intelligence-sharing and long-range artillery and multiple rocket launchers sent by European nations and the United States.

But the point remains that Ukraine's advances reflect their society, which has broken away from the imposed Soviet model to produce a generation of educated, innovative civilians and soldiers—many with solid IT training—who are capable of leadership in a crisis.

Russia, meanwhile, is heavily dragooning poor ethnic minorities into its desperate new military mobilization, as hundreds of thousands of its educated young men flee the country rather than fight fellow Slavs. All while military orders from Moscow, endorsed by Putin, force their officers to fight in the inflexible, top-heavy style of the great Soviet war of the 1940s.

"Give us the weapons we need and no doubt we could push Russia back to the border," Sergo insisted.

Listen to him, President Biden. He is correct.

PANDEMIC

From Page 8

clothes, while suits and dresses remain in the closets, collecting dust. But we recognize that it is time to get moving, get up and, yes, get out of that pandemic created box so many of us are living in.

We have to make an effort to create structure and routine, and to get out of the house: Get up early, take a class at the gym, or meet a friend for coffee or a drink. Putting on real pants is a great check in to see if they still fit! It's important to create boundaries between work and home life, and to be social. We are pack animals and even the biggest introverts need to be around people sometimes. Maybe it's through hiking or theater or pickleball. Stretching yourself will help to increase your self-esteem and feeling of productivity.

And finally, if you are unhappy, get help. Talk to friends, a therapist, and, yes, if the situation calls for it, a lawyer.

Julie and David Bulitt, a therapist and divorce lawyer respectively, are also couples coaches, speakers and the authors of the book, "The Five Core Conversations for Couples." *They can be reached at www.thebulitts.com.*

A prayer for the CNMI and stewardship

This is dedicated to the stewards of the CNMI who are tired of praying for our politicians on Sunday but still catch hell from them on Monday, especially our retirees, NMDs, and government employees!

Our prayers for our Commonwealth should never be overdue
As a prayer for some voters is often needed on what to do.
When corruption, lies and evil has consumed most of the elected
The stewards are really to blame for not being good detectives!

Impeachment followed by state and federal RICO charges
Has not deterred some who continue with their voting marches.
And being blind-eyed to crime when its looking one in the face
Has only serve to contribute to make worse our destitute fate!

Criminal trials looming with chaos and corruption here, there and everywhere,
Giving rise to our true reality that some stewards don't even care.
Having so many bad stewards of our government gone awry
One must give serious pause to wonder if prosperity will ever fly!

As the election draws near with choices between old and new being clear
Will the stewards send a message, we want a completely new political year.
While hope has become a forgotten commodity
The stewards of the CNMI must turn hope into our new reality!
Who will vote for change and improvements is still the question that remains
So why elect the same who brought about all this shame.
Stewardship is a very serious and a real responsibility
As, the election is really all about the stewardships' accountability!

So, who is really to blame for the horrific government at hand
The same stewards who will be voting again.
But now more than ever, stewards must do the right thing
Or, we are doomed to hear the same disappointing bell ring!

This prayer is not alone for a better CNMI
As many are praying all the stewards will heed this humble cry.
It's not about family-ties, parties, photo ops and speeches to-date
Because the real results of voting will seal our true fate!

This is certainly no time to vote for family for fear of stepping on toes
We need our stewards to improve voting for the best-one like real pros.
So help the CNMI by sharing this prayer with stewards on what we need to do
We must reclaim and improve our-government as it's stewards–for true!

Ambrose M. Bennett
Kagman, Saipan

AMERICAN

From Page 8

The limits of military spending, however, include the fact that it is heavily a pass-through endeavor.

Much of the money simply doesn't stay in Guam and get recirculated the same way it does with tourism dollars. Even if Department of Defense contractors are taxed, it doesn't mean that they are really paying their fair share of what they should be paying into the local economy. Guam and the NMI miss out as a result. There is also a myriad of environmental and Chamorro cultural costs associated with the transformation of Guam and the NMI into becoming a worldwide military training destination.

Another aspect of military spending that continues to displace our Chamorro people and other islanders who are effectively working poor is the public subsidies that military personnel get for cost of living and housing overseas. This kind of federal government handout and dependency is antithetical to free market forces and constitutes big government spending throughout our island chain that advantages federal employees of all kinds, while disadvantaging the vast majority of poor or working-class Pacific Islanders.

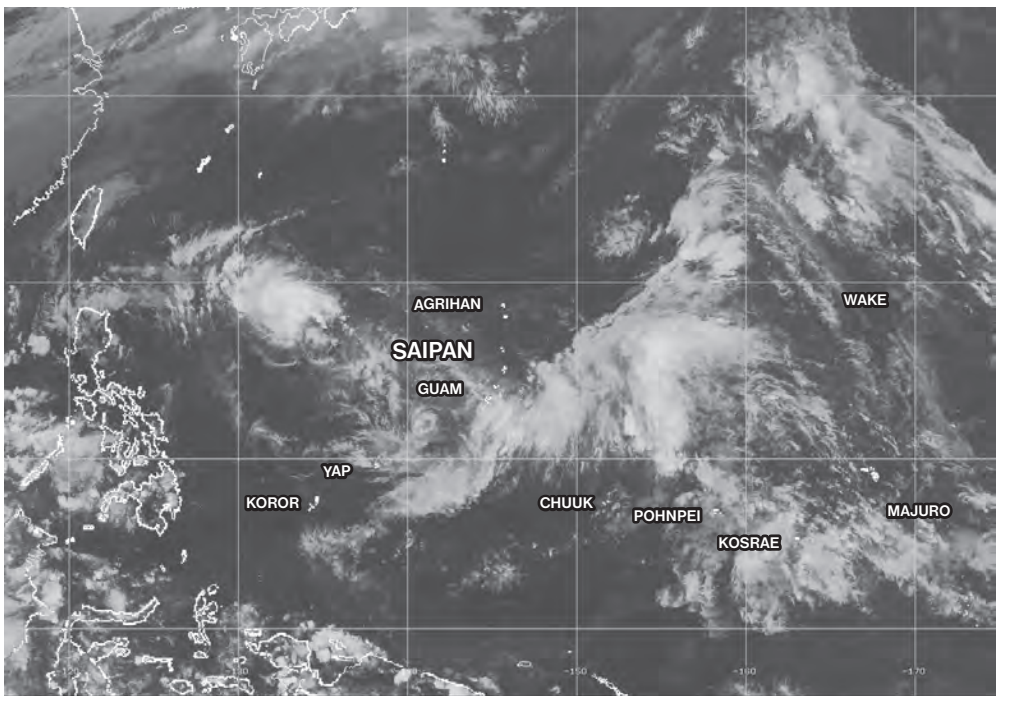
Let's hope inflation tanks and that OPEC decides sooner than later to reverse production cuts recently announced. Let's also hope that the dollar loses its strength a bit and that military housing spending doesn't continue to dislocate islanders throughout the Marianas.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scattered showers and thunderstorms. Partly sunny	Scattered showers and thunderstorms. Mostly cloudy	Showers likely. Cloudy	Showers likely. Cloudy	Occasional showers and possibly a thunderstorm. Cloudy
85° 78°	85° 78°	85° 78°	84° 78°	84° 78°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 8:06 AM, SUNDAY, OCTOBER 9, 2022

Western North Pacific between equator and 25N from 130E to 180.

Satellite and radar imagery isolated showers over the Marianas this morning. A monsoon trough over the area will be the focus of shower activity through the week.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA		▲ ▼ °F
Guam and Rota	Thunderstorms	82° / 76°
Palau	Partly Cloudy	87° / 77°
Yap	Thunderstorms	85° / 78°
Chuuk	Partly Cloudy	87° / 79°
Pohnpei	Scattered Thunderstorms	84° / 75°
Kosrae	Thunderstorms	84° / 78°
Majuro	Thunderstorms	83° / 79°

AROUND THE GLOBE		▲ ▼ °F
Auckland	Cloudy	62° / 54°
Beijing	Sunny	65° / 37°
Hong Kong	Partly Cloudy	82° / 70°
Honolulu	Mostly Cloudy	85° / 74°
London	Rain	60° / 41°
Los Angeles	Partly Cloudy	81° / 63°
Manila	Thunderstorms	92° / 77°
Melbourne	Mostly Sunny	65° / 47°
Miami	Rain	84° / 79°
New York	Sunny	63° / 47°
Osaka	Rain	72° / 58°
Paris	Showers	68° / 46°
Busan	Mostly Sunny/Wind	66° / 54°
Rome	Thunderstorms	75° / 59°
Salem	Sunny	76° / 48°
San Francisco	Cloudy	63° / 54°
Seoul	Light Rain	53° / 44°
Tokyo	Light Rain	79° / 66°
Washington, DC	Sunny	65° / 43°

DAY	SUNRISE	SUNSET
Today	6:07 AM	6:00 PM
Tuesday	6:07 AM	5:59 PM
Wednesday	6:08 AM	5:58 PM
Thursday	6:08 AM	5:58 PM
Friday	6:08 AM	5:57 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	6:10 AM	6:21 PM
Tuesday	-	7:03 AM	7:00 PM
Wednesday	-	7:56 AM	7:41 PM
Thursday	-	8:50 AM	8:25 PM
Friday	-	9:44 AM	9:11 PM

TIDES: SAIPAN HARBOR TODAY		FEET
1:52 AM	Low Tide	0.30
7:48 AM	High Tide	1.91
2:02 PM	Low Tide	0.46
7:49 PM	High Tide	1.95

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235,3740. E-mail: editor@saipantribune.com. Website:www.saipantribune.com.

CUSTOMER SERVICE For inquiries, purchase of back issues and complaints, call (670) 235-8747, 235-2440, fax 235-3740.

SUBSCRIPTION Published Monday to Friday, Saipan Tribune offers door-to-door on-island delivery at an annual rate of $180. For additional subscription information, call (670) 235-8747 or 235-2769, or fax 235-3740.

ADVERTISING For inquiries contact (670) 235-2769.
E-mail: sales@saipantribune.com

FLIGHT SCHEDULE AS OF OCTOBER 6, 2022

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	9:50AM	10:30AM	Daily
UA156	6:30PM	7:15PM	6

GUAM-MANILA (MNL)

PR 111	6:00AM	8:00AM	Daily
UA193	7:05PM	10:55PM	5 via Palau
UA183	7:20PM	9:10PM	Daily

SAIPAN-MANILA (MNL)

UA117/183	9:50AM	9:10PM	Daily via Guam
UA117/193	9:50AM	10:55PM	5 via Guam, Palau
OZ624/701	4:00PM	11:05AM+1	3,6 via Incheon

SAIPAN-INCHEON (ICN)

TW308	3:30PM	7:20PM	3, 4, 6, 7
7C3405	3:30PM	7:25PM	6
7C3405	3:50PM	7:45PM	3, 4, 7
OZ624	4:00PM	7:40PM	3, 6

SAIPAN-NARITA

UA824	7:00AM	9:30AM	1, 3, 5

SAIPAN-BUSAN (PUS)

7C3451	3:00PM	6:35PM	3, 7

ARRIVALS

GUAM (GUM)-SAIPAN

UA174	8:00AM	8:45AM	Daily
UA112	4:40PM	5:30PM	6

MANILA (MNL)-GUAM

PR110	10:00PM	4:00AM+1	Daily
UA184	10:25PM	4:25AM+1	1, 2, 3, 4, 6, 7
UA192	10:25PM	6:15AM+1	5 via Palau
UA184	11:50PM	5:40AM+1	5

MANILA (MNL)-SAIPAN

UA184/174	10:25PM	8:45AM+1	1,2,3, 4, 6,7 via Guam
UA192/174	10:25PM	8:45AM+1	5 via Palau, Guam
UA192/112	10:25PM	5:30pm+1	5 via Palau, Guam
UA184/174	11:50PM	8:45AM+1	5 via Guam
UA184/112	11:50PM	5:30pm+1	5 via Guam
OZ704/623	11:55PM	2:30PM+1	2,5 via Incheon

INCHEON (ICN)-SAIPAN

7C3406	8:30AM	2:10PM	6
7C3406	8:50AM	2:30PM	4
7C3406	8:50AM	2:50PM	3, 7
OZ623	9:00AM	2:30PM	3, 6
TW307	9:00AM	2:30PM	4, 6, 7
TW307	9:15AM	2:30PM	3

NARITA-SAIPAN

UA825	9:25PM	2:00 AM+1	2, 4, 7

BUSAN (PUS)-SAIPAN

7C3452	9:00AM	2:00PM	3, 7

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

MARIANAS SOUTHERN AIRWAYS

INITIAL DAILY FLIGHT SCHEDULE AS OF AUGUST 18, 2022

SAIPAN TO TINIAN

DEPARTS	ARRIVES	FREQUENCY
7:00 A.M.	7:15 A.M.	(Except Sundays)
9:50 A.M.	10:05 A.M.	
4:00 P.M.	4:15 P.M.	(Except Saturdays)

TINIAN TO SAIPAN

DEPARTS	ARRIVES	FREQUENCY
7:35 A.M.	7:50 A.M.	(Except Sundays)
10:25 A.M.	10:40 A.M.	
4:35 P.M.	4:50 P.M.	(Except Saturdays)

SAIPAN TO ROTA

DEPARTS	ARRIVES	FREQUENCY
8:10 A.M.	8:40 A.M.	
1:45 P.M.	2:15 P.M.	

ROTA TO SAIPAN

DEPARTS	ARRIVES	FREQUENCY
9:00 A.M.	9:30 A.M.	
2:35 P.M.	3:05 P.M.	

SAIPAN TO GUAM

DEPARTS	ARRIVES	FREQUENCY
11:10 A.M.	12:00 P.M.	
5:15 P.M.	6:05 P.M.	

GUAM TO SAIPAN

DEPARTS	ARRIVES	FREQUENCY
12:30 P.M.	1:20 P.M.	
6:40 P.M.	7:30 P.M.	

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF JUNE 1, 2022

SAIPAN TO ROTA

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1301	8:30	9:00	Daily
1302	11:00	11:30	Mon/Wed/Fri
1302	12:00	12:30	Tues/Thurs/Sat/Sun
1303	15:30	16:00	Daily

ROTA TO SAIPAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
3101	9:30	10:00	Daily
3102	13:00	13:30	Tues/Thurs/Sat/Sun
3102	14:00	14:30	Mon/Wed/Fri
3103	16:30	17:00	Daily

ROTA TO GUAM

LIGHT #	DEPARTS	ARRIVES	FREQUENCY
3401	12:00	12:30	Mon/Wed/Fri

GUAM TO ROTA

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
4301	13:00	13:30	Mon/Wed/Fri

SAIPAN TO TINIAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Daily
1208	14:00	14:15	Daily
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Daily

TINIAN TO SAIPAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Daily
2108	14:30	14:45	Daily
2109	15:30	15:45	Daily
2110	16:30	16:45	Daily
2111	17:30	17:45	Daily

BOH partners with 42 SimpliFi Athletes for 2022-2023 season

HONOLULU, Hawaii—In September 2021, Bank of Hawai'i announced its endorsement partnerships with eight of Hawai'i's student-athletes. One year later, the number has grown fivefold, and Bank of Hawai'i recently announced its continued investment in athletes by entering into endorsement partnerships with 42 college student-athletes.

Women's volleyball
Braelyn Akana
Caylen Alexander
Mylana Byrd
Chandler Cowell
Annika De Goede
Talia Edmonds
Kennedi Evans
Kendra Ham
Amber Igiede
Tayli Ikenaga
Kate Lang
Jaclyn Matias
Brooke Van Sickle
Riley Wagoner
Tiffany Westerberg

Women's basketball
McKenna Haire
Kelsie Imai
Eva-Simone Ongoongotau
Daejah Phillips
Kallin Spiller
Jovi Wahinekapu
Lily Wahinekapu
Avery Watkins

Men's volleyball
Kana'i Akana
Nickolas Bauer
Derek Bradford
Chaz Galloway
Cole Hogland
Trevalyan Kelly
Alexander Parks
Brett Sheward
Kai Taylor
Alaka'i Todd
Guilherme Voss

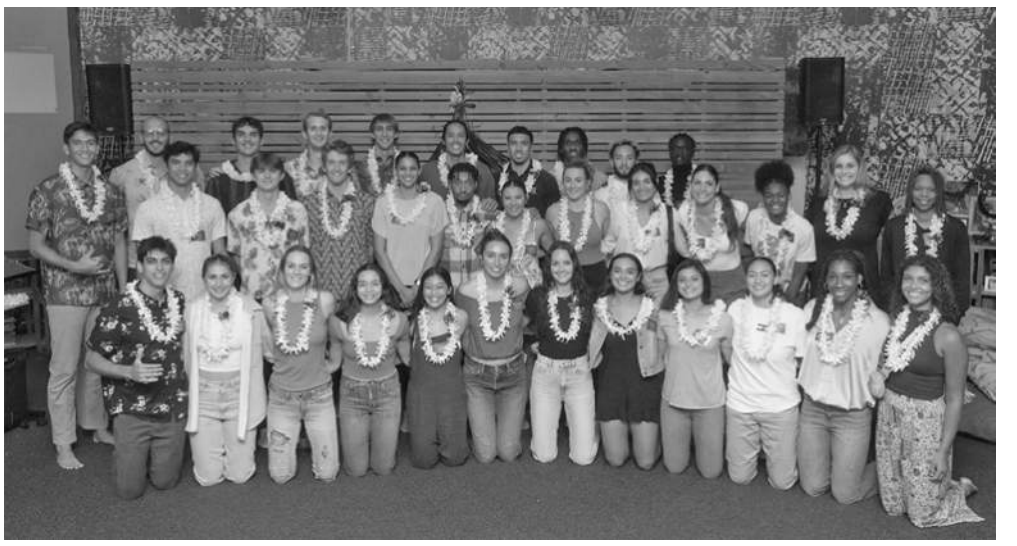
Men's basketball
Samuta Avea
Kamaka Hepa
Joshua Friedman
Justus Jackson
Amoro Lado
JoVon McClanahan
Zoar Stimpson-Nedd
Kody Williams

Returning SimpliFi Athletes are Samuta Avea, Chaz Galloway, Kamaka Hepa, Amber Igiede, Kelsie Imai, Amoro Lado, Daejah Phillips, Brooke Van Sickle and Guilherme Voss. (Lado and Voss were sponsored later in the 2021-2022 season after Bank of Hawai'i's initial announcement.)

Bank of Hawai'i's SimpliFi Athletes serve as ambassadors to help promote bank programs and initiatives and to spread goodwill throughout the community. While the terms of the agreements are confidential, Bank of Hawai'i continues to offer added opportunities for its SimpliFi Athletes beyond a monetary sponsorship, which includes financial education and preparedness; professional/career development and training, such as internships and leadership programs; and community service and engagement experiences.

"Bank of Hawai'i is honored to be supporting so many of our local student-athletes during their collegiate careers, and look forward to a partnership in which we offer them opportunities for years to come," said chairman, president, and CEO of Bank of Hawai'i Peter Ho.

"We are all very excited and grateful to partner with Bank of Hawai'i and to be part of the SimpliFi Athlete team. The bank has a long history of supporting Hawai'i Athletics and it's an honor to be able to represent an organization that continues to do so much to give back to our community," said Voss. ***(PR)***



CONTRIBUTED PHOTO
Bank of Hawai'i recently announced its continued investment in athletes by entering into endorsement partnerships with 42 college student-athletes.

NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, Saipan, MP 96950-0514

INVITATION FOR BIDS (IFB)
(THIS IS AD IS PAID FOR NMHC WITH HUD FUNDS)

NMHC IFB 2022-009
BID SUBMISSION DATE & TIME: October 27, 2022, 10:00 a.m.

Purchase and Installation of Typhoon Shutters for the Koblerville Estates Housing Units

Project package will be available on **September 26, 2022**, on the NMHC website at www.nmhcgov.net by clicking on the "Procurement" menu tab. Interested bidders shall register via email at officemanager@nmhcgov.net. The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

A Mandatory Pre-Bid conference will be at the NMHC Conference Room located in Garapan, Saipan on October 06, 2022, 10:00 a.m. Failure to attend the Mandatory Pre-bid conference will be considered a non-responsive bidder. Immediately after the Mandatory Pre-Bid conference, bidders are required to join the NMHC Personnel to visit and examine the project site. Failure to attend the project site visit will be considered a non-responsive bidder. Inquiries regarding this solicitation, must be addressed in writing to Mr. Jacob Muna, Office Manager/Procurement Officer via email at officemanager@nmhcgov.net or mail at P.O. Box 500514, Saipan, MP 9650 or via fax at (670)234-9021, no later than 9:00 a.m. October 06, 2022.

For more information, contact Mr. Jacob Muna, Office Manager/Procurement Officer, at (670)234-6866/9447 or email at officemanager@nmhcgov.net during regular business hours, 7:30 a.m. – 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/
Jesse S. Palacios
Corporate Director

/s/
Merced "Marcie" M. Tomokane
Chairwoman
NMHC Board of Directors

NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, Saipan, MP 96950-0514

INVITATION FOR BIDS (IFB)
(THIS IS AD IS PAID FOR NMHC WITH HUD FUNDS)

NMHC IFB 2022-010
BID SUBMISSION DATE & TIME: October 27, 2022, 11:00 a.m

Purchase and Installation of Typhoon Shutters and Windows for the Mihaville Estates Housing Units

Project package will be available on **September 26, 2022**, on the NMHC website at www.nmhcgov.net by clicking on the "Procurement" menu tab. Interested bidders shall register via email at officemanager@nmhcgov.net. The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

A Mandatory Pre-Bid conference will be at the NMHC Conference Room located in Garapan, Saipan on October 06, 2022, 11:00 a.m. Failure to attend the Mandatory Pre-bid conference will be considered a non-responsive bidder. Immediately after the Mandatory Pre-Bid conference, bidders are required to join the NMHC Personnel to visit and examine the project site. Failure to attend the project site visit will be considered a non-responsive bidder. Inquiries regarding this solicitation, must be addressed in writing to Mr. Jacob Muna, Office Manager/Procurement Officer via email at officemanager@nmhcgov.net or mail at P.O. Box 500514, Saipan, MP 9650 or via fax at (670)234-9021, no later than 9:00 a.m. October 06, 2022.

For more information, contact Mr. Jacob Muna, Office Manager/Procurement Officer, at (670)234-6866/9447 or email at officemanager@nmhcgov.net during regular business hours, 7:30 a.m. – 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/
Jesse S. Palacios
Corporate Director

/s/
Merced "Marcie" M. Tomokane
Chairwoman
NMHC Board of Directors

COMMONWEALTH PORTS AUTHORITY
MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.
PO BOX 501055•SAIPAN•MP•96950
PHONE: (1-670) 237-6500/1 | FAX: (1-670) 234-5962
WEBSITE: WWW.CNMIPORTS.COM

REQUEST FOR PROPOSALS

DEVELOPMENT OF ECHO DOCK
PORT OF SAIPAN
CPA RFP NO. CPA-RFP-010-2022
(CPA CONCESSION NO. SEA 2022-01)

The Commonwealth Ports Authority ("Authority") is inviting qualified developers and their development teams to submit sealed proposals, subject to the terms and conditions of this Request for Proposals (the "RFP") and other contract provisions, for the development of Echo Dock, which is situated north of the Port of Saipan. The Executive Director hereby determines that the use of an Invitation for Bid is neither practical nor advantageous to the Authority because the Authority wishes to acquire services and products that cannot be evaluated by cost alone. This RFP is being issued pursuant to NMIAC § 40-70-205.

The RFP Package is available beginning Wednesday, August 31, 2022, at the Authority's Accounting Office, 2nd Floor, Departure Terminal Building, Saipan International Airport upon payment of a non-refundable administrative fee of $200.00. Payment shall be made in cash, credit card, cashier's check, or U.S. postal money order payable to the Commonwealth Ports Authority. Other than this administrative fee, proposers are not required to submit a prepaid minimum concession fee.

The Authority will hold a briefing for interested parties at 10:00 a.m. on Friday, September 16, 2022, to explain the Authority's development objectives, the RFP process, and to answer questions. The meeting will be held at the Authority's Seaport Conference Room, George Fleming Building. All potential applicants are encouraged to attend but it is not mandatory.

All proposers are requested to pay attention to the following significant dates and times:

Date RFP Package becomes available	August 31, 2022 (8:00 AM)
Date of RFP briefing meeting	September 16, 2022 (10:00 AM)
Deadline to submit Notice of Intent	September 28, 2022 (4:00 PM)
Deadline to submit Statement of Qualifications	October 13, 2022 (4:00 PM)
Notification of qualified applicants of the RFP	October 28, 2022
Deadline for RFP submission	November 30, 2022 (4:00 PM)

Qualified proposers shall submit their sealed proposals to the "CPA Evaluation Committee" and mark the outside cover of its submittal as follows: "RFP Proposal: Confidential - Development of the Echo Dock, Saipan (RFP-010-2022)." Five (5) hard copies and one electronic copy on CD, DVD, or flash drive of the proposal must be submitted no later than **4:00 p.m. CHST, Wednesday, November 30, 2022**, to the Office of the Executive Director, 2nd floor of the Arrival Terminal at the Francisco C. Ada/Saipan International Airport. Proposals submitted by facsimile (fax) transmission will not be considered. Any proposals received after the proposal submittal deadline shall be returned to the proposer unopened. The Authority reserves the right to reject any or all proposals submitted if sufficient justification exist that awarding the project would not be in the best interest of the CPA.

FOR THE COMMONWEALTH PORTS AUTHORITY:

/s/ CHRISTOPHER S. TENORIO
Executive Director
Date 8/26/2022

COMMONWEALTH PORTS AUTHORITY
MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.
PO BOX 501055•SAIPAN•MP•96950
PHONE: (1-670) 237-6500/1 | FAX: (1-670) 234-5962
WEBSITE: WWW.CNMIPORTS.COM

REQUEST FOR PROPOSALS

AIRLINE STAIRS & AMBULIFT MAINTENANCE SERVICE AND REPAIRS
FRANCISCO C. ADA/SAIPAN INTERNATIONAL AIRPORT
PROJECT NO. CPA-RFP-001-23

Notice is hereby given that the Commonwealth Ports Authority ("the CPA") is accepting sealed proposals, subject to the terms and conditions of this Request for Proposal ("the RFP") and other contract provisions, for awarding a contract to provide maintenance, service, and repairs to its airline stairs and ambulift truck at the Francisco C. Ada/Saipan International Airport. The Executive Director hereby determines that the use of an Invitation for Bid is neither practical nor advantageous to the CPA because the CPA wishes to acquire services and/or products that cannot be evaluate by price alone (NMIAC § 40-50-225 (a)).

The Proposal Package is available for pick-up beginning October 10, 2022, at the Office of the Executive Director, 2nd Floor, Arrival Building, Francisco C. Ada/Saipan International Airport. Bidders must submit all required documents listed in the RFP Package. All responses to this RFP shall take into account any and/or all costs that will be charged the proposer awarded for this project. Proposers shall also take into consideration all necessary badging requirements and fees for this project.

Questions regarding this procurement should be submitted in writing to Christopher S. Tenorio, Executive Director, Commonwealth Ports Authority either by facsimile, or email cpa.receptionist@pticom.com with copy to atudela@cnmiports.com. on or before October 28, 2022.

All proposals shall be sealed and marked on the cover package outside as follows: "Airline Stairs & Ambulift maintenance service and repairs, Francisco C. Ada/Saipan International Airport /RFP-001-23". One (1) original and two (2) copies of the proposal must be submitted no later than **4:00 p.m. Local Time, November 11, 2022**, to the Office of the Executive Director at the Saipan International Airport. Proposals submitted by facsimile (fax) transmission will not be considered. Any proposals received after the submittal deadline shall be rejected and returned unopened.

The Commonwealth Ports Authority reserves the right to reject any or all proposals submitted for; (a) any of the reasons set forth in this RFP; (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding bid/proposal rejection or cancellation; or (c) sufficient justification exists that awarding the proposal would not be in the best interest of CPA. The CPA further reserves the right to waive any defects in said proposals if in its sole opinion to do so would not be in CPA's best interest.

All proposals shall become the property of the Commonwealth Ports Authority. This RFP shall be executed as per the CPA Procurement Regulations.

FOR THE COMMONWEALTH PORTS AUTHORITY

/s/ CHRISTOPHER S. TENORIO
Executive Director
Date 10/10/2022

COMMONWEALTH PORTS AUTHORITY
Main Office: Francisco C. Ada/Saipan International Airport
P.O. Box 501055 Saipan MP 96950-1055
Phone: (670) 237-6500/1 | Fax: (670) 234-5962
E-mail: cpa.admin@pticom.com
Website: https://cnmiports.com

JOB VACANCY ANNOUNCEMENT # 06-2022

Opening date: October 06, 2022 **Closing date:** October 27, 2022
Location: SAIPAN

Positions	SALARY
(1) ARFF General Maintenance	PL 3/1 to 3/12 ($8.01/hr. to $13.70/hr.)
(1) ARFF Mechanic II	PL 6/1 to 6/12 ($9.27/hr. to $15.85/hr.)
(1) Custodial I	PL 1/1 to 1/12 ($7.26/hr. to $12.42/hr.)
(1) AOA Controller-I	PL 5/1 to 5/12 ($8.83/hr. to $15.10/hr.)

Location: ROTA

Positions	SALARY
(3) Ports Police/ARFF Trainee	PL 5/1 ($8.83/hr.)

Location: TINIAN

Positions	SALARY
(2) General Maintenance I	PL 2/1 to 2/12 ($7.63/hr. to $13.04/hr.)

Employment Application must be accompanied with a copy of all required diploma/certificates and/or official sealed transcripts, original copy of recent police record not more than six (6) months old, original copy of U.S. Department of Defense Form DD214 for retired members or veterans of our Armed Forces, and other documents as required for the position. Public Law 11-70 requires that all male applicants age 18 to 25 years old must submit documentation evidencing his registration with the Federal Selective Service System. All applications and required documents must be submitted to the ***CPA Administration Office, 2nd Floor Arrival Building, Francisco C. Ada/Saipan International Airport or CPA Administration Office Tinian International Airport or Benjamin Taisacan Manglona International Airport***. Failure to provide any of the required documents will result in automatic disqualification. Certain vacancies may require written and/or physical test. Selected applicants will be subjected to pre-employment drug screening, 10-year Criminal History Record Check and 49 CFR Part 1542.209(d) Requirements. CPA reserves the right to waive or implement other qualifications to meet its needs. The deadline for submission of applications and required documents to the CPA Administration Office (Saipan) or at the Tinian International Airport or Benjamin Taisacan Manglona International Airport is no later than **5:00 P.M. on Thursday, October 27, 2022**.

Detailed information on qualifications and position descriptions for the above positions may be picked up along with the application form from Monday-Friday, 8:00 A.M. to 5:00 P.M., except on holidays, at the CPA Administration Office (2nd Floor) of the Francisco C. Ada/Saipan International Airport, Arrival Terminal or CPA Admin. Office at the Tinian International Airport or at the Benjamin Taisacan Manglona International Airport. For additional information, please contact the CPA Human Resources Office by email at lorna.tenorio@cnmiports.com or by phone at (670)237-6500.

CPA is an Equal Opportunity Employer and CPA hires those who are legally entitled to employment in the CNMI.

CHRISTOPHER S. TENORIO
Executive Director

MCS holds Cultural Day celebration

Before the holiday weekend, the Mount Carmel School community gathered to present its annual Cultural Day celebration, with all grade levels representing a country around the world. This year, the countries celebrated included Japan, Samoa, the United States of America, the Federated States of Micronesia, Italy, Thailand, Palau, China, Mexico, the Commonwealth of the Northern Marianas Islands, the Marshall Islands, India, the Philippines, and South Korea. After the performances, each grade level also decorated a booth displaying information about their assigned countries. Mount Carmel School wishes all an enjoyable Commonwealth Cultural Day.

CONTRIBUTED PHOTO

Mount Carmel School's eleventh-grade students represent the Philippines during the school's Cultural Day celebration.

CONTRIBUTED PHOTO

Mount Carmel School's K5 students represent Samoa during the school's Cultural Day celebration.

CONTRIBUTED PHOTO

Mount Carmel School parents and family members joined in the school's Cultural Day celebration on Friday, Oct. 7, 2022.

CONTRIBUTED PHOTO

Mount Carmel School's seventh-grade students represent Mexico during the school's Cultural Day celebration.

CONTRIBUTED PHOTO

Mount Carmel School's fifth-grade students represent Palau during the school's Cultural Day celebration.

CONTRIBUTED PHOTO

Mount Carmel School's ninth-grade students represent the Marshall Islands during the school's Cultural Day celebration.

CONTRIBUTED PHOTO

Mount Carmel School's tenth-grade students represent India during the school's Cultural Day celebration.

CONTRIBUTED PHOTO

Mount Carmel School's third-grade students represent Italy during the school's Cultural Day celebration.

CONTRIBUTED PHOTO

Mount Carmel School's eleventh-grade students represent the Philippines during the school's Cultural Day celebration.

CONTRIBUTED PHOTO

Mount Carmel School's first-grade students represent the United States of America during the school's Cultural Day celebration.

Toys for Tots brings another smile-filled Christmas to CNMI

By CHRYSTAL MARINO
chrystal_marino@saipantribune.com
CORRESPONDENT

The Saipan Chamber of Commerce has partnered with Northern Marianas College and the U.S. Marine Corps to once again bring the Toys for Tots program to the CNMI this Christmas.

This announcement was made during the Chamber's general monthly meeting last Thursday at the Kensington Hotel in San Roque.

U.S. Marine Corps Gunnery Sgt. Rubin Tan, who is the Guam and CNMI's Toys for Tots coordinator, is thankful for the partnership with the Chamber. "Like in all the other years, we are working with the Saipan Chamber of Commerce. They are a huge help, huge partner in the Toys for Tots program because they're the people who help us collect the toys from the different businesses and…they're the touch point. That helps us get the toys from the community to those children. This is going to be our sixth year doing Toys for Tots here on Saipan, so we're excited to continue doing it. And every year you have general awareness of everyone in the community learning more about the program, people who are more willing to donate, and we're able to help more children."

CHRYSTAL MARINO

PROA director and OSAL acting manager Kaelani Demapan, ASNMC president Anushi Joshi, SBDC's Mercilynn Palec and Nadine Deleon Guerrero are flanked by U.S. Marines behind the Toys for Tots banner after the Saipan Chamber of Commerce monthly meeting last Wednesday at the Kensington Hotel Saipan.

Toys collected from Saipan and Guam will also be sent to Tinian and Rota.

Associated Students of NMC president Anushi Josi described the program as "a very good opportunity for us in the community to collaborate and connect and help these kids and families that are in need, and we're excited honestly to…think that we are going to be a part of the community and we're going to contribute somehow… as young people. As students I think it's very important to be involved. It's so heartwarming that through this, we will be bringing some happiness and some smiles to these kids and… it just really makes me excited that this year we will get to be Santas for these little kids."

Established in 1947, Toys for Tot is a Marine Corp Reserve mission and is one of the most popular Christmas charities for children. It has been making an impact on millions of children, extending far into Marianas.

"Our mission today is the same as it was in 1947…" said Tan "And that is to give kids new, unwrapped toys during the holiday season, and to send a message of hope to those less fortunate children."

Tan said during the Chamber announcement that since its inception, the program has distributed 627 million toys to over 289 million children worldwide.

When addressing the Chamber, Tan extended his thanks to all who participated in the program.

"We wouldn't be able to do it alone, it's really with the help of you all, having donation boxes, and helping collect toys, the Chamber who helps distribute all the toys, as well as collecting and sorting… so it's not just one person, it's a community effort, and it's really to help all the children in the community. …As Marines, we believe in taking care of the community, and I know that you guys also find that very important as well."

NMC Office of Student Activities and Leadership acting manager and director of PROA Kaelani Demapan told Saipan Tribune, "We're just really look forward to having our students… become leaders in our community and not just on campus, and it's a great opportunity to empower them to be leaders and also give back to the community and be a part of these kids' lives at a very important time…."

Bank of Saipan CEO and BOOST administrator John Arroyo, and Small Business Development Center's Nadine Deleon Guerrero also announced that the BOOST submission deadline has been moved to Oct. 18, 2022, and encouraged those who haven't submitted their application to do so.

BOOST stands for Building Optimism, Opportunities and Stability Together. It's a project of the Office of the Governor and the Department of Commerce that aims to provide loan assistance to CNMI businesses and nonprofit organizations.

October is Domestic Violence Awareness Month

By CHRYSTAL MARINO
chrystal_marino@saipantribune.com
CORRESPONDENT

Seeking to support and help victims as well as raise awareness against the horrors of domestic violence, Gov. Ralph DLG Torres joined the Northern Marianas Coalition against Domestic Violence and Sexual Violence to sign a proclamation designating the month of October as the Domestic Violence Awareness Month.

The signing ceremony was held Thursday morning at the Kensington Hotel Saipan in San Roque and was attended by community leaders, members of the NMCADSV, first responders from the Department of Public Safety, residential firefighters, government officials, as well as members of the community.

During the ceremony, NMCADSV presented the 2022 Bridge of Light award to DPS' Lupe Ann Lizama Maratita for her outstanding selfless service and commitment to enhance the safety of domestic violence victims, as well as being a victim's advocate, and spreading domestic violence awareness.

The ceremony was dedicated to the memory of the countless individuals whose lives were taken due to domestic violence, as well as the individuals who stood up to end violence in the CNMI. Domestic violence survivor and advocate Kiki Jane Crisostomo addressed the audience, sharing how domestic violence affected her and took the life of her mother. At the end of her story, she thanked and encouraged the tear-filled audience to continue to help abuse victims, and she also saluted survivors.

With the theme "Amplify the Movement," Domestic Violence Awareness Month seeks to continue to advocate and be a "lighthouse" to survivors and/or current victims of domestic violence and sexual abuse. The month will be filled with many community events that will raise awareness as well as show support for those affected by domestic violence.

Upon signing the proclamation, Torres encouraged all members of the community to participate in the movement against domestic violence as well as join in the activities this month that will help spread awareness against the abuse.

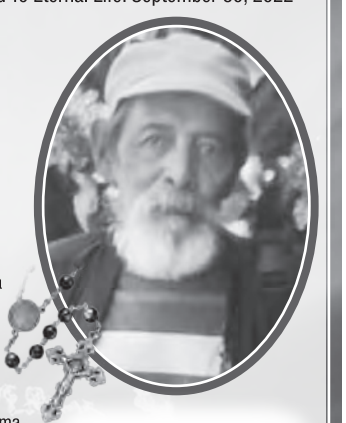
"Domestic violence is never the fault of victims or survivors so we must do our part as leaders and as a community to support them. Let us help survivors truly heal forward, and come together as a community to end this abusive behavior," he said.

Torres also thanked DPS and all agencies that continue to serve their community by either spreading awareness or protecting and helping victims. "Every year it gets bigger, the awareness out there in the community is something that we need. We need the community to continue to support this movement."

IN LOVING MEMORY OF
†PEDRO CRUZ LIZAMA
Better Known As "Doong Batitang"
Born To Life: July 30, 1948 I Called To Eternal Life: September 30, 2022

In his life he now joins his:
Parents: †Jose Mendiola
and †Rita Cruz Lizama

Sisters/Brothers/Spouses/In-laws:
†Manuel B. Lizama, †Maria L. /
†Ramon Kaipat, †Trinidad C./
†Luis C. Cepeda, †Juan M. Aguon,
†Jesus C. Lizama, †Joaquin C./
†Monica C. Lizama, †Carmen L./
†Jose Torres, †Benedicto C. Lizama,
†Teresita L./†Jesus N. Tyquiengco
†Ramon C. Lizama; †Suzanne W. Lizama



His spirit and memories will forever live in the hearts of:
Sisters/Brothers/In-laws:
Merced L. Aguon and family; Ignacia L./
Hideo Osada and family; Donisio/
Pat Camacho and family; Vicente C. Lizama and family, Virginia L. Lizama and family;
Maria C. Lizama and Family

Reared Children:
Jose L. Tyquiengco/Genoven C. and family;
Antonia L./Irvin Dlc. Songao and family;
Francisca Mildred C./Joaquin Castro and family; Morendie C./Anthony Aguon and family;
Eric L. Lizama/Lisamarie Hiroichi

Our beloved Pedro is additionally survived by numerous nieces, nephews, cousins, relatives, and friends.

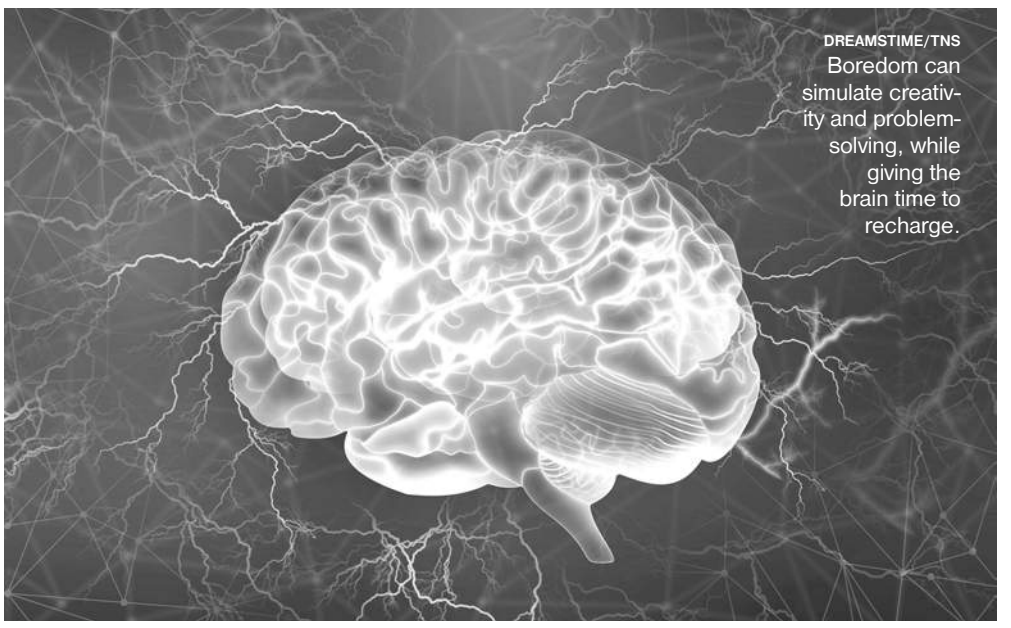
Funeral services will be held on Wednesday, October 12, 2022. His remains will be escorted from Borja Funeral Home to San Jose (Oleai) Church at 7:45 am. Responso Service will take place upon arrival of his remains followed by recitation of the Holy Rosary. Mass of Christian Burial will be celebrated at 11:00 am. Following the Mass, his remains will be brought to Mt. Carmel Cemetery for burial.

Thank You Yan Si Yu'us Ma'ase,
The Family

Health & Wellness

This advertorial is sponsored by Tan Holdings HEALTH IS WEALTH Tan Siu Lin Foundation

Boost your brain with boredom



DREAMSTIME/TNS
Boredom can simulate creativity and problem-solving, while giving the brain time to recharge.

"Mom, Dad, I'm bored."

How many parents have heard this from children? It may make parents feel like they're failing, need to find something for the child to do or simply annoyed that children seem incapable of entertaining themselves.

Yet a little boredom for children and adults can be a good thing. It can simulate creativity and problem-solving, while giving the brain time to recharge.

Boredom basics

Why do people get bored? The feeling of boredom is when brains struggle to fill time. People may feel restless or have a lack of interest in their surroundings. Boredom is common, with over 60% of U.S. adults reporting that they feel bored at least once a week.

People's brains rarely are bored while focused on taking part in demanding tasks like work or school, or while taking part in a good conversation. When these activities are done, people experience fatigue and seek ways to entertain themselves and their brains.

Play and entertainment have been ways humans have figured out to overcome boredom. Adults read, spend time with hobbies or tell stories to avoid boredom. Before the advent of TV and mobile devices, children overcame boredom by going outside or playing with a friend or sibling.

Today, electronics capture a significant amount of people's attention. But this readily accessible medium may have swung too far in capturing people's attention. Instead of short-term relief from boredom, many people spend hours on electronics.

It's easy not to feel the passage of time while scrolling TikTok or watching YouTube videos. Quickly, an hour or two can pass without a person realizing it. For all that time spent, people don't necessarily feel refreshed. Rather, most people experience greater fatigue.

Consuming so much time on electronics lessens the amount of bored time, but also it causes a different problem. The less people experience boredom, the less equipped the brain is to deal with it.

Restoring the brain

When your brain is focused on an intense activity, it exerts a lot of energy. When you finish the activity, it returns to a default state. This is normal and the way that brains restore. The default state can be thought of as a resting state. Several interconnected brain regions are active during this time. These regions seem to act in unison as a connected network. This is referred to as the default mode network.

When people are in this state, many important things are happening in the brain. It's consolidating memories and reflecting on lessons learned. The brain plays through scenarios and applies what was learned and how it could be used in the future. People spend time thinking about themselves and others. They reminisce about the past and daydream about the future.

Developing creative solutions

The resting state also can be a creative time, and it can lead to finding creative solutions to problems that are bothering people. For example, many people claim to come up with great solutions to problems they are grappling with while in the shower. This is because their mind is free to wander while their body is engaged in a mindless task and captive to the task.

While in the shower, the person can't escape or play a game on a phone. The brain is thinking through something almost effortlessly and often coming up with solutions to problems that have been in the back of the mind.

Another example is when a person takes a nature walk. During this time, it's a safe and calming environment. Within the first five minutes, the person gradually gets used to the environment, reducing anxiety. The rest of the walk, the brain starts to rest and wander. When a new stimulus comes in, the mind identifies it but returns to a restful state. During this time, the brain is involved in creative thinking and finding interesting solutions.

The flu is coming. Here's what you can do to protect yourself and your family

By MARIN WOLF
THE DALLAS MORNING NEWS

The best way to prevent yourself and others from getting the flu or COVID-19 is by getting vaccinated, said Dr. Razaq Badamosi, medical director of the Division of Pulmonary and Critical Care Medicine at JPS Health Network in Fort Worth.

Both the flu shot and the COVID-19 vaccine are available for anyone older than 6 months. The new bivalent COVID-19 booster, which protects from both the original coronavirus strain and the omicron variant, is available to anyone 12 and older who had their last COVID-19 vaccine dose at least two months prior.

It's safe to get both the flu shot and the COVID-19 shot on the same day.

"You can get them at the same time, if you want, though you'll have two sore arms instead of one sore arm. That's up to you," Chang said.

Doctors can prescribe antiviral medications to people with a COVID-19 or flu infection to lessen the severity of the illness.

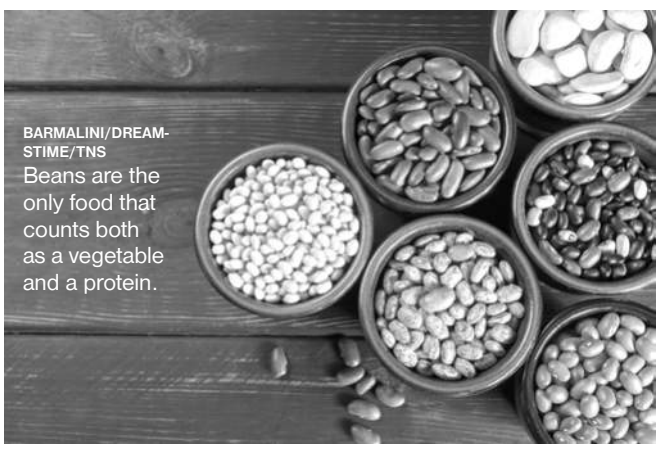
Other public health measures like regular hand washing, masking and staying home when ill also help prevent viruses from spreading. Good health hygiene is a practice that parents can teach their children at an early age.

"When your kid comes home from school, especially if there's a little baby in the house, make sure they wash their hands before they give their little brother or sister a kiss. Teach them to cough into their elbow or sleeve and to wash their hands when they're done coughing and sneezing," said Cook Children's hospitalist Dr. Laura Romano.

"And please, please, please keep them home if they're sick."

On Nutrition: Beans, beans

By BARBARA INTERMILL
TRIBUNE NEWS SERVICE



BARMALINI/DREAMSTIME/TNS
Beans are the only food that counts both as a vegetable and a protein.

It's bean harvest season in our part of the country, the best time of year to buy fresh dry beans from our local farmers.

Fresh dry beans—is that a misnomer? Just how do pinto, black, great northern and other dry beans get that way?

You might say beans are out standing in their field. When the plants mature around this time of year, they remain in the field to dry. Then they are cut and raked into windrows (narrow groups of cut beans) to dry even more.

Finally a giant machine called a combine picks up the beans and separates them from their pods, and away they go to be packaged and sold. Pretty cool.

Nutritionally, beans are unique. They are the only food that counts both as a vegetable and a protein. And they're cheap. For the money, you won't get better nutrition. My grandkids might pick a green speck out of my stew, but they never turn down cooked beans.

Interestingly, although beans come in a variety of colors and sizes, they are essentially the same plant family. And here's one reason to try more than one type. Each color, be it black, red, white or brown, possesses a different mixture of health-promoting substances called antioxidants, which help fight internal inflammation and protect the cells in our body.

Studies continue to confirm that eating dry beans can effectively lower blood cholesterol levels (mostly due to their high amount of soluble fiber). And they are rich in potassium, a mineral that promotes healthy blood pressure levels.

Shall I continue? Beans are a great source of folate (the food form of folic acid), a B-vitamin greatly needed during pregnancy to prevent a type of birth abnormalities called neural tube defects. Folate is also important for brain function at all ages. I love that.

How many beans do we need to eat for these great benefits? According to the latest Dietary Guidelines for Americans, most of us would do well to eat one to two cups of beans every week.

OK, so how do we cook beans to remove the unfortunate side effects of the "muscial fruit"? All these methods work, say experts:

- Cover the beans with at least 3 inches of water (they expand as they soak) and let stand overnight. Then drain, rinse and add fresh water to cook.
- Cover with water and 1) boil for 2 minutes, cover and soak for 1 hour, or 2) Boil over medium heat for 10 minutes. Cover and soak for 30 minutes. Then drain and add fresh water to cook.
- Simply open a can of beans, drain, rinse and drain again. (This removes up to 40% of the sodium.)

Enjoy!

Barbara Intermill is a registered dietitian nutritionist and syndicated columnist. She is the author of Quinn-Essential Nutrition: The Uncomplicated Science of Eating. Email her at barbara@quinnessentialnutrition.com.

Healthy Living

Skinny veggies

If you're counting calories, lettuce and celery are two satisfying additions to your diet that provide fiber, vitamins and minerals.

	Leaf lettuce 100 g	Celery 120 g
Calories	16	18
Carbs	4 g	3 g
Vitamins, minerals	A, C, K; thiamin; riboflavin; folate; potassium	A, C, K; folate; potassium

Source: U.S. Food and Drug Administration, NutritionData.com

Life & Style

Nobel Peace Prize to activists from Belarus, Russia, Ukraine

KYIV, Ukraine (AP)—Human rights activists from Ukraine, Belarus and Russia won the Nobel Peace Prize on Friday, a strong rebuke to Russian President Vladimir Putin, whose invasion of Ukraine ruptured decades of nearly uninterrupted peace in Europe, and to the Belarusian president, his authoritarian ally.

The Norwegian Nobel Committee awarded the 2022 prize to imprisoned Belarus activist Ales Bialiatski, the Russian group Memorial and the Ukrainian organization Center for Civil Liberties. Bialiatski is the fourth laureate to be honored while in detention.

Berit Reiss-Andersen, chair of the Norwegian Nobel Committee, said the panel was honoring "three outstanding champions of human rights, democracy and peaceful coexistence."

"We are in the midst of a war and we are talking about two authoritarian regimes and one nation fighting a war and we would like to highlight the importance of civil society," she said.

In Ukraine, there was some resentment at awarding the Ukrainian group alongside activists from Russia and Belarus, whose government allowed Russian forces to attack Ukraine from its territory.

Ukrainian presidential adviser Mykhailo Podolyak tweeted that the Nobel committee has "an interesting understanding of the word 'peace' if representatives of two countries that attacked a third one receive" the prize together.

"Neither Russian nor Belarusian organizations were able to organize resistance to the war," he said.

Belarus' Foreign Ministry denounced the Nobel Committee for honoring Bialiatski, with the spokesman calling its choices in recent years so "politicized" that "Alfred Nobel got tired of turning in his grave."

Olav Njølstad, director of the Norwegian Nobel Institute, retorted: "Well, I'm quite sure we understand Alfred Nobel's will and intentions better than the dictatorship in Minsk."

Asked whether the Nobel Committee was intentionally rebuking Putin, whose 70th birthday is Friday, Reiss-Andersen said the prize was not against anyone but for the democratic values the winners champion. However, she did note that both the Russian and Belarusian governments were "suppressing human rights activists."

It was the second straight year that Putin's repressive government was implicitly rebuked with the prize. It was awarded last year t o Dmitry Muratov, editor of the independent Russian newspaper Novaya Gazeta, and Philippine journalist Maria Ressa, for their efforts to safeguard freedom of expression. Both have struggled in the past year.

Bialiatski was a leader of the democracy movement in Belarus in the mid-1980s and has continued to campaign for human rights and civil liberties. He founded the nongovernmental organization Human Rights Center Viasna.

He was detained following protests in 2020 against the reelection of Belarusian President Alexander Lukashenko. He remains in jail without trial and faces up to 12 years in prison if convicted.

"Despite tremendous personal hardship, Mr. Bialiatski has not yielded one inch in his fight for human rights and democracy in Belarus," Reiss-Andersen said.

Pavel Sapelko, one of the leaders of Viasna, told The Associated Press that the Belarusian authorities will not be able to ignore the fact that Bialiatski won the prize.

K-pop group BTS members face possible military conscription

AP

Members of South Korean K-pop band BTS, V, SUGA, JIN, Jung Kook, RM, Jimin, and j-hope from left to right, pose for photographers ahead of a press conference to introduce their new single "Butter" in Seoul, South Korea, Friday, May 21, 2021.

SEOUL, South Korea (AP)—South Korea's military appears to want to conscript members of the K-pop supergroup BTS for mandatory military duties, as the public remains sharply divided over whether they should be given exemptions.

Lee Ki Sik, commissioner of the Military Manpower Administration, told lawmakers on Friday that it's "desirable" for BTS members to fulfill their military duties to ensure fairness in the country's military service.

Earlier this week, Defense Minister Lee Jong-sup made almost identical comments about BTS at a parliamentary committee meeting, and Culture Minister Park Bo Gyoon said his ministry would soon finalize its position on the issue.

Whether the band's seven members must serve in the army is one of the hottest issues in South Korea because its oldest member, Jin, faces possible enlistment early next year after turning 30 in December.

Under South Korean law, all able-bodied men are required to perform 18-21 months of military service. But the law provides special exemptions for athletes, classical and traditional musicians, and ballet and other dancers who have won top prizes in certain competitions that enhance national prestige.

Without a revision of the law, the government can take steps to grant special exemptions. But past exemptions for people who performed well in non-designated competitions triggered serious debate about the fairness of the system.

Since the draft forces young men to suspend their professional careers or studies, the dodging of military duties or creation of exemptions is a highly sensitive issue.

In one recent survey, about 61% of respondents supported exemptions for entertainers such as BTS, while in another, about 54% said BTS members should serve in the military.

Several amendments of the conscription law that would pave the way for BTS members to be exempted have been introduced in the National Assembly, but haven't been voted on with lawmakers sharply divided on the matter.

Lee, the defense minister, earlier said he had ordered officials to consider conducting a public survey to help determine whether to grant exemptions to BTS. But the Defense Ministry later said it would not carry out such a survey.

In August, Lee said if BTS members join the military, they would likely be allowed to continue practicing and to join other non-serving BTS members in overseas group tours.

Wife believes her social life is none of husband's business

DEAR ABBY: My wife and I have been together for 26 years. I'm old school -- no Facebook or social media, although I do follow sports on Twitter. My wife, however, is all into it. My issue is, she thinks it's OK for her social life to be private. I don't think there should be any secrets between us, and I'm feeling uncomfortable about this.

I saw something that, from my standpoint, is out of bounds for a married woman. When I asked about it, she said it's private and has nothing to do with me. I'm wondering if this is the hill I will die on. Touching her phone would be a major crime. But my phone is open and she knows all my passwords to it as well as the computer. I'm thinking the openness is one-way, and it's not working for me. Am I an idiot, as I've been told?

ONE-WAY IN NEW JERSEY

DEAR ONE-WAY: No, you're not an idiot. You are a husband who suspects his wife may be doing something nefarious because she has become so secretive that trust has become an issue. While I don't think this is the hill you will die on, it may be the one your MARRIAGE will die on, because, without trust, there can be no marriage.

Because you and your wife can no longer communicate effectively, offer her the option of counseling. If she agrees, it may save your marriage. If she doesn't, then go without her to help you figure out what your next steps should be.

■■■■

DEAR ABBY: I am a mother of three amazing children, ages 14, 10 and 1. My oldest children were born while I was actively addicted to drugs and alcohol. They were 6 and 2 when I got sober. Due to my past, they lived with their father. We never went to court; we decided custody on our own.

Three years ago, I married my amazing husband. The next year my daughter decided to move in with us. She lived with us for two years and was planning on doing so again this school year. At the last minute, three days before she was to come home, she decided to remain with her father, who lives in another state.

I know his side of the family has always made her feel guilty for leaving there, and I feel like they worked on her all summer. I'm heartbroken, but I refuse to stoop to their level and make her feel guilty. I'm proud of my daughter for being strong enough to make this decision, but I just can't help but feel like I've done something wrong. They are well taken care of at their father's house, but there are a total of eight kids there, and I don't feel she will get enough attention. What should I do?

HURTING HEART IN LOUISIANA

DEAR HURTING HEART: Instead of beating yourself up over something you "might" have done, ask your daughter why she chose to stay with her father for the school year. I think it's a fair question if asked in a nonconfrontational way. The answer may be as simple as she formed some new friendships and doesn't want them to end. Then, allow this new scenario to play out. It's entirely possible that in a few months or next year she may want to return to you and your husband.

■■■■

Good advice for everyone – teens to seniors – is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

DEAR ABBY

By ABIGAIL VAN BUREN

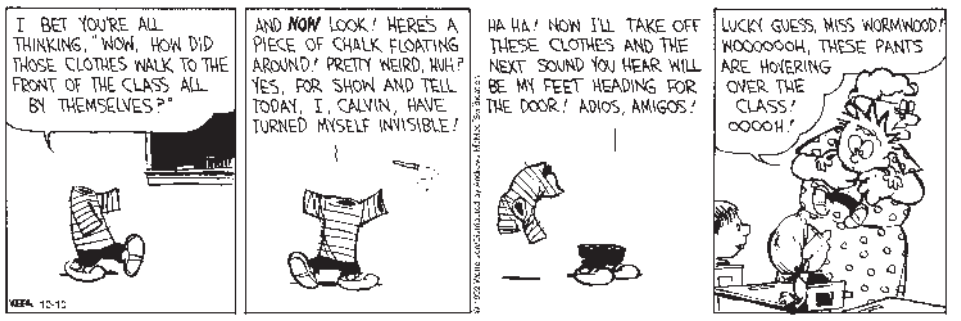
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Pastimes

Calvin and Hobbes

By Bill Waterson


I BET YOU'RE ALL THINKING, "WOW, HOW DID THOSE CLOTHES WALK TO THE FRONT OF THE CLASS ALL BY THEMSELVES?"
AND NOW LOOK! HERE'S A PIECE OF CHALK FLOATING AROUND! PRETTY WEIRD, HUH? YES, FOR SHOW AND TELL TODAY, I, CALVIN, HAVE TURNED MYSELF INVISIBLE!
HA HA! NOW I'LL TAKE OFF THESE CLOTHES AND THE NEXT SOUND YOU HEAR WILL BE MY FEET HEADING FOR THE DOOR! ADIOS, AMIGOS!
LUCKY GUESS, MISS WORMWOOD! WOOOOOOH, THESE PANTS ARE HOVERING OVER THE CLASS! OOOOH!

Garfield®

By Jim Davis

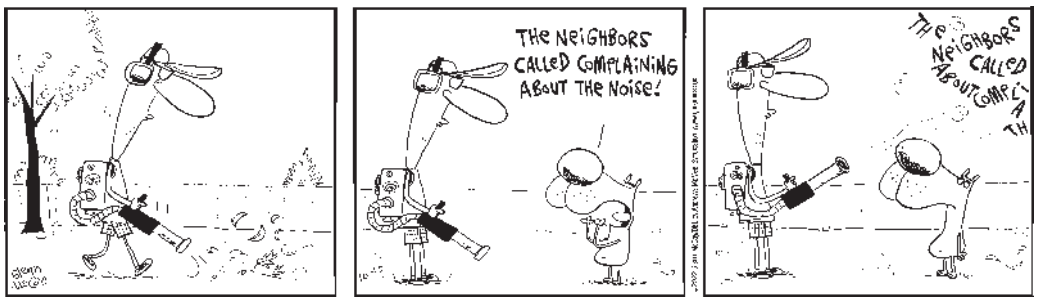
Adam@home

By Bryan Basset

OOH! IS THAT A NEW CANDLE I SMELL?
NOPE. IT'S MY NEW COLOGNE. "EAU DE PUMPKIN SPICE LATTE."
I LIKE IT. IT'S SUBTLE, BUT YOU KNOW IT'S THERE
DOES MOM LIKE IT?
SHE DOES NOT. SHE'S GONE FOR A WALK TO CLEAR HER NOSE.

The Duplex

By Glenn McCoy



CROSSWORD

By Eugene Sheffer

ACROSS

1 Post-WWII alliance
5 Life story
8 Quick kiss
12 Challenger's words
14 Oklahoma tribe
15 Misses an opportunity
16 Without acting
17 Prattle
18 Contacts, e.g.
20 Vowel group
23 "— Misbehavin' "
24 Japanese noodle
25 Anthology
28 Pvt.'s superior
29 To the third power
30 Green shade
32 Cruised in style
34 Furnace fuel
35 Region (Abbr.)
36 Natural talents
37 Nap
40 Extinct bird
41 "Hulk" star Bana
42 Distributes
47 "Smallville" girl
48 Coffee bar order
49 Org.
50 Two, in Toledo
51 Campus VIP

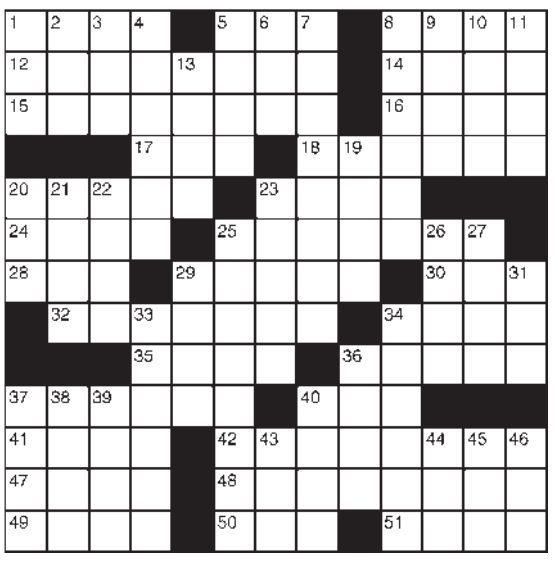
DOWN

1 Zilch
2 Hubbub
3 Prof's aides
4 Salem's state
5 Invitation initials
6 Debtor's letters
7 Summarized
8 Unspecified travel destination
9 LAX postings
10 Natalie or Nat
11 Piano pieces?
13 Isaac's eldest
19 Author Bagnold
20 Ger. neighbor
21 Jittery
22 Speck
23 Fossil resin
25 Incensed
26 Atop
27 Bicycle part
29 Guitarist Atkins
31 Gore and Pacino
33 MD's diagnostic order
34 Stopped
36 Dutch word for "farmer"
37 Actress Ward
38 401(k) relatives
39 Drei minus zwei
40 Star athletes, briefly
43 Equi-
44 Sugary suffix
45 Mex. neighbor
46 Great weight

Solution time: 26 mins.

J	I	B		R	O	A	S		H	A	S	H
I	S	U		I	O	T	A		E	Q	U	I
F	A	L	L	F	L	A	T		A	U	N	T
		G	I	L	T			B	R	A	G	S
G	L	A	D	E		G	L	U	T			
C	U	R	S		F	L	A	T	H	E	A	D
S	R	I		A	L	E	R	T		S	S	E
H	E	A	D	W	I	N	D		S	C	A	B
			R	O	T	S		H	E	A	P	S
C	C	R	A	L			A	A	R	P		
A	P	C	P		W		N	D	E	A	L	L
I	A	L	E		O	L	U	D	E		D	I	A
E	L	L	S		E	L			S		E	N	D

Last Friday's Answer 10/10



STUMPED? For answers to today's crossword, call 1-900-226-5955! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Jodi Lyn O'Keefe, 44; Mario Lopez, 49; Wendi McLendon-Covey, 53; Nora Roberts, 72.

Happy Birthday: Don't sit back; it's time to pick up the pace and manufacture the life you want to live. Be inventive, and you'll come up with ideas that far surpass anything you've done in the past. Share your feelings, eliminate what isn't working for you and pay more attention to how you present yourself to the world. Your numbers are 6, 17, 22, 26, 33, 38, 41.

ARIES *(March 21-April 19):* Finish what you start and proceed to the next project. Keep busy and use your energy wisely. Timing is everything in competitive situations. Know what's possible and develop a plan to send you to the winner's circle. Romance is in the stars. ✪✪✪

TAURUS *(April 20-May 20):* Stop and rethink your next move. Don't take on anything that isn't right for you. If someone asks for too much, don't be surprised. Instead, be ready to counter with what you are willing to do and make your position and feelings clear. ✪✪✪

GEMINI *(May 21-June 20):* Take the initiative to get things done. An opportunity is apparent through someone you have worked with or met and admired. Be open to suggestions, and you'll get the chance to show off your skills and attributes. Self-improvement is favored. ✪✪✪

CANCER *(June 21-July 22):* Keep your eye on what's happening around you. Not everyone will offer sound advice. Refuse to let anyone pressure you into something expensive. If you feel the least bit unsure, relax, breathe deep and take a pass. 4 stars

LEO *(July 23-Aug. 22):* You know what you must do and how best to reach your objective. He who hesitates will get left behind. Concentrate on personal improvement and gain before you opt to help others. An emotional relationship will require TLC. ✪✪✪✪✪

VIRGO *(Aug. 23-Sept. 22):* Make things happen. If you crave change, stop waffling and do something to make your dreams come true. Be innovative and share your ideas with someone you'd like as a partner. Iron out all the details before you proceed in order to avoid discord. ✪✪✪

LIBRA *(Sept. 23-Oct. 22):* Keep your thoughts to yourself. You'll learn more if you listen to others and base what you do on expert opinions. Time is on your side, and understanding your choices will motivate you to do what's best for you. Personal improvement is encouraged. ✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Put more thought into how you handle money. Investing in yourself, the way you live or how you earn your living will put your mind at ease and lead the way to a better future. Finish what you start. ✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Look on the bright side; it will help you eliminate negativity and recognize when someone is trying to take advantage of you. Pay attention to the people and things you enjoy most. Use your skills effectively. ✪✪✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

COPYRIGHT 2007 UNIVERSAL PRESS SYNDICATE

CAPRICORN *(Dec. 22-Jan. 19):* Take a moment to assess what's happening around you. Learn from your experience when dealing with joint ventures or shared expenses. The right move can save you money and improve your status quo. Don't risk your health or reputation. ✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Negotiate on your behalf. Offer a visual picture that will tempt others to take note and support your actions. Hard work will pay off; uncertainty will leave you in a questionable position. Be direct and confident, and good things will transpire. ✪✪✪✪

PISCES *(Feb. 19-March 20):* Simplify your life and ease stress. Pick and choose the people, places and pastimes that make you happy. Control what's next instead of letting others dictate what you can pursue. Believe in yourself, and follow the path most inviting. ✪✪✪✪

Birthday Baby: You are affectionate, kind and optimistic. You are creative and informative.

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku *By Dave Green*

	9		7	3			5	
5		6	4			1		2
7			1					9
						8	4	6
6				9				1
8	7	2						
1					2			7
9		5			8	6		4
	8			6	1		3	

Difficulty Level ★ 10/10

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

8	2	6	9	7	1	3	5	4
7	4	3	6	5	8	2	9	1
9	5	1	2	3	4	7	8	6
3	1	5	4	6	2	8	7	9
2	8	4	1	9	7	6	3	5
6	9	7	5	8	3	1	4	2
5	3	2	8	1	9	4	6	7
4	6	8	7	2	5	9	1	3
1	7	9	3	4	6	5	2	8

Difficulty Level ★★★★

©2012 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

NOUGAT Solution: 8 letters

R	E	D	W	O	P	Y	R	R	E	B	E	U	L	B
P	A	P	E	R	F	N	N	A	W	E	H	S	A	C
M	N	R	U	T	A	R	N	W	O	R	B	R	T	R
O	I	O	S	G	A	R	U	L	B	C	S	N	O	A
D	T	L	N	W	I	R	E	I	R	E	O	Y	M	G
G	A	O	P	C	E	M	E	U	T	R	A	C	A	U
N	L	C	E	R	O	E	N	A	R	L	S	M	N	S
I	E	C	A	P	E	C	T	U	E	Q	B	A	G	T
K	G	I	N	N	H	S	T	U	U	O	I	L	O	U
D	A	T	U	A	D	O	O	A	N	N	S	T	R	N
E	L	A	T	E	A	Y	R	D	A	L	T	A	A	L
T	M	N	T	S	E	E	R	M	S	P	A	I	N	E
I	O	I	T	N	D	Ⓚ	Ⓞ	Ⓞ	Ⓒ	D	F	W	G	Z
N	N	E	O	C	O	R	N	S	Y	R	U	P	E	A
U	D	H	E	P	I	C	E	R	F	R	E	N	C	H

©2007 Andrews McMeel Syndication www.wonderword.com 10/10

Battle, Betting, Boat, Calculations, Candidates, Close, Competition, Course, Crush, Declare, Divide, Divvy, Draw, Ended, Event, Exact, Finish, Game, Golf, Halves, Hold, Horses, Joint, Judges, Laps, Loser, Loss, Match, Meet, Motorcycle, Placed, Polls, Race, Rare, Relay, Replay, Score, Share, Split, Sports, Sprint, Tabulate, Tallies, Tied, Time, Victor, Wash

Last Friday's Answer: Junction

The NEW Volume 70 can be purchased online at www.WonderWordBooks.com, or call 1-800-642-6480.

Mariners erase 7-run deficit, sweep Blue Jays with 10-9 win

TORONTO (AP) — Carlos Santana and J.P. Crawford delivered before Adam Frazier capped Seattle's historic comeback with one sweet swing.

A little October fun for a new generation of Mariners.

Frazier hit a tiebreaking RBI double in the ninth inning, and Seattle erased a seven-run deficit while topping the Toronto Blue Jays 10-9 on Saturday for a sweep of their AL wild-card series.

"Those are the kind of moments you picture yourself in in the backyard when you're a kid," Frazier said.

It was the biggest road comeback win in playoff history and baseball's largest comeback victory to clinch a postseason series.

Yup, it was quite a day for a franchise making its first playoff appearance since Hall of Famer Edgar Martinez and company were eliminated by the New York Yankees in the 2001 AL Championship Series. Next up for this group of Mariners is Houston in the AL Division Series.

"To go to the World Series, you have to go through Houston," manager Scott Servais said. "They're really good. We understand that. We're really good."

Seattle got off to a 29-39 start this season, but it went 61-33 from June 21 on, trailing only the Astros (65-31) among AL teams over that span.

After winning 4-0 in the opener of the best-of-three series, the Mariners trailed 8-1 through five innings in Game 2. But they roared back, tying it with four runs in the eighth.

With two out and the bases loaded, Crawford hit a blooper to center against All-Star closer Jordan Romano.

"I was praying to the baseball gods to just let that ball sit," Crawford said.

Center fielder George Springer and shortstop Bo Bichette went hard after the sinking liner, but it landed as the two collided. All three runners scored on the double, tying it at 9.

"It seems everything that could go wrong did go wrong in a very short period of time," interim Blue Jays manager John Schneider said.

Bichette was able to stay in the game, but the 33-year-old Springer had to be helped to his feet before he was carted off the field. The four-time All-Star encouraged the cheering crowd as he departed.

Schneider said Springer was "doing OK" and would be evaluated further.

The Blue Jays have lost five straight postseason games and eight of nine. Toronto, which finished one win short of a playoff berth in 2021, heads into another offseason on a disappointing note.

AP

Seattle Mariners' Cal Raleigh hits an RBI single against the Toronto Blue Jays during the eighth inning of Game 2 of a baseball AL wild-card playoff series Saturday, Oct. 8, 2022, in Toronto

"It's going to take some time," Schneider said. "Probably take a vacation or two."

Cal Raleigh, who hit an RBI single for Seattle in the eighth, reached on a one-out double against Romano in the ninth. After Mitch Haniger flied out, Frazier drove in Raleigh with a double to right.

"I'm just glad the ball fell," Frazier said.

Bichette walked, stole second and advanced to third on a grounder in the eighth, but Andrés Muñoz retired Alejandro Kirk to end the threat.

George Kirby, Seattle's eighth pitcher of the game, handled the ninth for his first career save. Matt Chapman walked with one out, but Danny Jansen struck out and Raimel Tapia lined out to end the game.

"I figured he would step up, the adrenaline would be going, and he did a great job," Servais said of Kirby.

Toronto got off to a fast start. Teoscar Hernández hit a two-run homer in the second and a solo drive in the fourth against Robbie Ray, who won the AL Cy Young Award while pitching for the Blue Jays last year.

Hernández joined Jansen and former Toronto slugger José Bautista as the only Blue Jays players with multihomer games in the postseason.

After Ty France scored on Tim Mayza's wild pitch in the sixth, Santana gave Seattle's comeback a big boost with a three-run homer.

"That gave us a chance," Servais said

Jansen made it 9-5 with an RBI single off Penn Murfee in the seventh, but Toronto's bullpen couldn't close it out. Anthony Bass gave up hits to all three batters he faced in the eighth, including Raleigh's RBI single, forcing Schneider to call on Romano for a six-out save.

Romano gave up a single to Frazier and struck out Santana and Dylan Moore, but Crawford tied it with a first-pitch double.

Toronto intentionally walked Julio Rodríguez before Romano struck out France to end the inning.

Ray, who signed a $115 million, five-year contract with Seattle in November, allowed four runs and six hits in three-plus innings.

Blue Jays right-hander Kevin Gausman was charged with four runs and five hits over 5 2/3 innings in his second career postseason start. Gausman struck out seven and walked one.

"A heartbreaking loss," Gausman said. "Tough to watch."

Toronto's Whit Merrfield stayed in to run the bases after being hit on the side of his batting helmet by an 88 mph slider from Diego Castillo on his first pitch after entering in the fifth. Tapia replaced Merrifield in left field in the sixth.

Mets 7, Padres 3

In New York, Pete Alonso launched a tiebreaking homer and Jacob deGrom pitched well enough to help save the Mets' season.

Francisco Lindor also went deep, Jeff McNeil laced a critical two-run double and All-Star closer Edwin Díaz entered much earlier than usual to protect a one-run lead in the seventh inning.

New York broke open the game by scoring four times in the bottom half, keyed by the bases-loaded double McNeil lined off Adrian Morejon through a drawn-in infield.

Seth Lugo retired cleanup hitter Josh Bell on a bases-loaded grounder for the save, ending a game that took 4 hours, 13 minutes.

The teams play a decisive Game 3 on Sunday night at Citi Field, with the winner advancing to a best-of-five NL Division Series against the Dodgers beginning Tuesday.

Joe Musgrove is scheduled to start for his hometown Padres against 15-game winner Chris Bassitt.

Phillies 2, Cardinals 0

In St. Louis, Aaron Nola pitched four-hit ball into the seventh inning, Bryce Harper's homer gave Philadelphia an early lead, and the Phillies held off the Cardinals to sweep their National League wild-card series.

Nola struck out six and walked one on 101 pitches before leaving with two outs in the seventh. Jose Alvarado then retired Yadier Molina on a popup, stranding a runner on first. Seranthony Dominguez struck out Paul Goldschmidt and Nolan Arenado to wiggle out of a two-on, one-out jam in the eighth.

Goldschmidt and Arenado, two of the leading contenders for NL MVP, went a combined 1 for 15 in the series with no RBIs and six strikeouts.

The Cardinals made one finally charge off Zach Eflin in the ninth, getting consecutive two-out singles from Corey Dickerson and Molina. But the starter-turned-closer responded by getting Tommy Edman to foul out to end the game, giving the Phillies their first postseason series win since topping Cincinnati in the 2010 divisional round.

They'll face a familiar foe, the NL East champion Braves, when their division series begins Tuesday night in Atlanta.

Guardians 1, Rays 0, 15 innings

In Cleveland, rookie Oscar Gonzalez broke up the longest scoreless postseason game in history with a leadoff homer in the 15th inning, giving the Guardians a sweep of the Wild Card Series.

Gonzalez drove a 1-0 cutter — the 432nd pitch in the nearly five-hour game — off Corey Kluber over the wall in left-center to touch off a wild celebration.

Next up for Cleveland is the opener of its best-of-five Division Series on Tuesday in New York against the AL East champion Yankees.

Tampa Bay had six hits and used eight pitchers, including Kluber, who made his first relief appearance in more than nine years. Cleveland got five hits, also used eight pitchers and squandered a bases-loaded opportunity in the sixth.

Tampa Bay was bounced quickly from its fourth straight postseason appearance. The Rays finished with seven straight losses.

MLB crowds jump from '21, still below pre-pandemic levels

By DAVID BRANDT
AP SPORTS WRITER

Even with homer chases by Aaron Judge and Albert Pujols, Major League Baseball wasn't able to coax fans to ballparks at pre-pandemic levels this season, though attendance did jump substantially from the COVID-19 affected campaign in 2021.

The 30 MLB teams drew nearly 64.6 million fans for the regular season that ended Wednesday, which is up from the 45.3 million who attended games in 2021, according to baseball-reference.com. This year's numbers are still down from the 68.5 million who attended games in 2019, which was the last season that wasn't affected by the pandemic.

The 2022 average of 26,843 fans per game throughout the league was down 5.3% from the 2019 average of 28,339.

The 111-win Los Angeles Dodgers led baseball with 3.86 million fans flocking to Dodger Stadium for an average of 47,672 per contest. The Oakland Athletics — who lost 102 games, play in an aging stadium and are the constant subject of relocation rumors — finished last, drawing just 787,902 fans for an average of less than 10,000 per game.

The St. Louis Cardinals finished second, drawing 3.32 million fans. They were followed by the Yankees (3.14 million), defending World Series champion Braves (3.13 million) and Padres (2.99 million).

The Toronto Blue Jays saw the biggest jump in attendance, rising from 805,901 fans to about 2.65 million. They were followed by the Cardinals, Yankees, Mariners, Dodgers, and Mets, which all drew more than a million fans more than in 2021.

The Rangers and Reds were the only teams to draw fewer fans than in 2021.

Only the Rangers started the 2021 season at full capacity and all 30 teams weren't at 100% until July. It was a huge reason why an average of only 18,901 fans came to games.

No fans were allowed to attend regular season games in 2020.

MLB attendance had been declining slowly for years — even before the pandemic — after hitting its high mark of 79.4 million in 2007. This year's 64.6 million fans is the fewest in a non-COVID-19 season since the sport expanded to 30 teams in 1998.

The lost attendance has been balanced in some ways by higher viewership on the sport's MLB.TV streaming service. Viewers watched 11.5 billion minutes of content in 2022, which was a record high and up nearly 10% from 2021.

Colts grind out 12-9 win over Broncos in injury-filled game

DENVER (AP)— Matt Ryan kept the faith through all the sacks, interceptions, fumbles and three-and-outs that made for a streaming snooze-fest Thursday night.

"It was just kind of a slog of a game," the Indianapolis quarterback said after Stephon Gilmore batted away Russell Wilson's pass to Courtland Sutton in the end zone on fourth-and-1 from the 5 to give the Colts a 12-9 overtime victory over the Denver Broncos.

The game featured seven field goals, a dozen punts, 25 third-down stops, four interceptions and six fumbles — none of which were recovered by the otherwise disruptive defenses.

"Our defense played lights out," said Ryan, who emerged victorious despite getting sacked six times, giving him 21 so far this season, throwing a pair of interceptions to Caden Sterns and fumbling for the 10th time this season.

"We need to play better for sure, but I'm proud of the guys," Ryan said. "Wins are what we need. We're right in the mix. ... I thought the two drives at the end showed a lot of guys. You just keep battling — and it helps when your defense is shutting them down, too."

Gilmore also intercepted Wilson's pass just before the 2-minute mark of the fourth quarter to set up Chase McLaughlin's tying field goal with 5 seconds left.

AP

Indianapolis Colts safety Rodney Thomas II (25) and linebacker Zaire Franklin (44) celebrate after an NFL football game against the Denver Broncos, Thursday, Oct. 6, 2022, in Denver.

"That's the definition of a big-time player making big plays in the moment," Colts coach Frank Reich said about Gilmore. "Isn't it awesome you can have a game like that and still win?"

McLaughlin connected from 47 yards 4:10 into overtime to give the Colts (2-2-1) the lead in the first game in NFL history that pitted quarterbacks with at least four Pro Bowl appearances each yet featured zero touchdowns.

The Broncos (2-3) decided against a tying chip-shot field goal by Brandon McManus or even a first-down play on fourth-and-less-and-a-yard from the 5, and Wilson lined up in the shotgun next to running back Melvin Gordon, then threw incomplete over the middle.

"We wanted to win the game," Broncos coach Nathaniel Hackett said. "We hadn't moved the ball very well the whole night and I thought we had a spectacular drive to get all the way down there."

Wide open and uncovered — but unseen by Wilson — was KJ Hamler, who tore off his helmet and slammed it to the ground after Wilson's final pass was batted away, sending the Broncos and their awful offense to their second loss in four days.

"There's going to be a bunch of what-ifs," Broncos guard Dalton Risner said. "You know what, if we score that touchdown, everyone thinks it's the best call in the world."

McLaughlin sent it to overtime with a 31-yarder after Gilmore intercepted Wilson's pass to Tyrie Cleveland in the end zone on third-and-4 from the 13.

"Just can't throw that," lamented Wilson. "Got to throw it out of bounds if it's not there."

Wilson was sacked four times and picked off twice. His four TD throws through five games marks the worst start of his 11-year career and he hasn't looked anything like the Broncos expected after giving him a $245 million contract extension before his first snap for Denver.

"It's very simple: at the end of the day I got to be better," Wilson said. "I got to play better. I let the team down tonight. One thing I know about myself is I'm going to respond."

The game pitted veteran quarterbacks struggling with their new teams. It looked like neither team practiced much during the week because neither team did as they worked in new running backs and key defensive replacements on a short work week.

And as is common on Thursday nights, there was a rash of injuries with the most serious to Indy's Kwity Payne (leg) and Denver's Garett Bolles (right knee), both of whom were carted off.

With reigning NFL champion Jonathan Taylor (ankle, toe) out for Indy and the Broncos lamenting the loss of Javonte Williams to a shredded right knee, the grind-it-out nature of the game was entirely expected.

The Colts came in averaging 14.3 points, the lowest in Ryan's 16-year career, and the Broncos entered the night averaging 16.5 points, the worst in Wilson's 11-year career.

Nyheim Hines got the start for Indy, but he went out with a head injury after his third snap when D.J. Jones knocked him down and Hines' helmet bounced on the ground. He wobbled as he tried to leave the field on his own and had to be guided to the sideline, where he was evaluated for a concussion.

Many fans were wondering if this game would be one of revenge — Phillip Lindsay returning to his hometown to beat the Broncos — or redemption — Gordon atoning for his big fumble Sunday that was returned 68 yards for a touchdown by the Raiders.

It turned out to be neither.

Lindsay ran for 40 yards on 11 carries ad Gordon had 54 yards on 15 carries, and he was flipped by safety Rodney McLoyd Jr. at the 6 on his way to the end zone when it appeared he had an open path to the winning touchdown.

While McLaughlin was good from 52, 51, 31 and 48 yards, Brandon McManus was good from 33, 44 and 45 yards but his 34-yard attempt was blocked by Grover Stewart in the third quarter.

Paye was injured on Rodney Thomas II's 35-yard interception return. Starting C Ryan Kelly (hip) and WR Austin Dulin (foot) also got hurt.

The Broncos lost two starting defenders to knee injuries just before halftime, ILB Josey Jewell and CB Ronald Darby. DE Dre'Mont Jones (head) and LB Baron Browning (wrist) got hurt in the second half as did Bolles.

NFL's concussion protocol modified after Tagovailoa review

MIAMI GARDENS, Fla. (AP)—The NFL and NFL Players Association agreed to modify the league's concussion protocol following a joint investigation into the league's procedures after Miami Dolphins quarterback Tua Tagovailoa suffered an injury against the Buffalo Bills last month.

The league and players' union said in a joint statement Saturday that the outcome of the Tagovailoa case "was not what was intended when the Protocol was drafted." As a result, language addressing abnormality of balance/stability was added to the league's protocol list of symptoms that would keep a player from returning to action.

In the first half of the Sept. 25 game against Buffalo, Tagovailoa took a hit from Bills linebacker Matt Milano, which caused him to slam to the ground. He appeared disoriented afterward and stumbled as he tried to get to his feet.

Tagovailoa was immediately taken to the locker room and taken through the NFL's concussion protocol, after which he was cleared of any head injury. He started the third quarter, drawing criticism from viewers about why he was allowed to return to the game.

The NFL and NFLPA said they reviewed video and jointly interviewed members of the Dolphins' medical staff, the head athletic trainer, the Booth ATC Spotter, the Unaffiliated Neurotrauma Consultant and Tagovailoa.

They found that Tagovailoa did not show any signs or symptoms of a concussion during his locker room exam, during the rest of the game, or throughout the following week. But immediately after he took the hit from Milano, gross motor instability was present.

After the game, Tagovailoa and Dolphins coach Mike McDaniel said the quarterback had suffered a back injury earlier in the game on a quarterback sneak.

The review said Tagovailoa told the medical staff that he aggravated his back injury on the play in question and that his back injury caused him to stumble. It also said the medical staff determined that the gross motor instability was not due to a concussion.

In their statement Saturday, the NFL and players' union said there was not examination of the QB's back during the concussion examination, but that they "instead relied on the earlier examination conducted by other members of the medical staff." The conclusion then was that the back injury was the cause of Tagovailoa's instability.

As a result of the joint investigation, the league and union agreed to change the league's concussion protocol to include the term "ataxia." In the statement, they defined ataxia as "abnormality of balance/stability, motor coordination or dysfunctional speech caused by a neurological issue."

Ataxia replaced the term "gross motor instability" and has been added to the list of symptoms that would prohibit a player from returning to the game. The others are confusion, amnesia and loss of consciousness.

"The Protocol exists to establish a high standard of concussion care for each player," the league and union's statement said, "whereby every medical professional engages in a meaningful and rigorous examination of the player-patent. To that end, the parties remain committed to continuing to evaluate our Protocol to ensure it reflects the intended conservative approach to evaluating player-patients for potential head injuries."

On Oct. 1, the union fired the Unaffiliated Neurotrauma Consultant who handled Tagovailoa's situation during the game.

Jeff Miller, the NFL's executive vice president overseeing health and safety, said in a virtual news conference Saturday that he believes this is the first time a UNC has been fired, and that the NFL did not support the decision to fire him.

Less than a week after the injury, Tagovailoa started against the Cincinnati Bengals in a Thursday night game. He suffered a concussion in the first half after taking a hard sack, and displayed the fencing response after the scary hit. He was stretchered off the field and immediately taken to the hospital. He remains in the concussion protocol and will miss Sunday's game against the Jets.

Dr. Allen Sills, the NFL's Chief Medical Officer, said that under the league's amended protocol, Tagovailoa would have been diagnosed with a concussion on Sept. 25 under the ataxia term, thus making him ineligible to come back into that game.

Sills said there's no exact timetable for return for a player diagnosed with a concussion, but it would be "extremely unlikely" for a player diagnosed with ataxia to be able to play on Thursday night. The median time out with a concussion is nine days, he added.

Sills also alluded to how difficult it is to definitively diagnose concussions. He mentioned that blood and saliva tests could help make concussion examinations more accurate.

Commissioner Roger Goodell said at a fan forum in London Saturday that the NFL will make a "change or two" to its concussion protocol.

McDaniel, asked repeatedly in the days following the incident about the decision to allow Tagovailoa to return, emphasized his confidence in the team's handling of the situation.

"This is a player-friendly organization that I make it very clear from the onset," McDaniel said last week, "that my job as a coach is here for the players. I take that very serious, and no one else in the building strays from that."

Lady Eagles remain undefeated in v-ball

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

LEIGH GASES

Eagles varsity player Azriel Fatialofa goes up for a spike that led to a point against Agape Christian School in the last regular season game of the 2022-2023 Public School System girls volleyball league last Thursday at the Marianas High School Gymnasium.

Grace Christian Academy soared out of the regular season and into the postseason as their varsity team completed an undefeated 7-0 win-loss record and their junior varsity team finished second at 6-1 as the regular season of the Public School System Girls High School Volleyball League 2022-2023 wrapped up Thursday at the Marianas High School Gymnasium.

GCA's varsity team out spiked the Agape Christian School varsity team in two swift sets, 21-13, 21-14, with the Lady Eagles' middle blocker, Azriel Fatialofa, smashing the ball in the opposite court at speeds that the Torchbearers could not bear.

The Torchbearers had good returns and landed some points, but could not catch up with the ferocity of the Lady Eagles' hard-hitting spikes and serves, and eventually failed to force a third tie-breaking set.

Before the varsity bout, the junior varsity squad had a go in their last game of the season, which they won over Marianas High School 9 in two close sets, 23-21, 21-18.

Varsity team head coach Cesar Libut gave her girls all the credit for going unscathed in the regular season.

"It seems like we're doing something right because they were undefeated. The players are really dedicated even though they've been winning. The dedication and the hard work is always there. And it doesn't matter what the other opponent is, if it's weak or strong… in our mind it's the strongest team, so let's put everything in there. They work so hard for it every day."

The five-time champion coach added that they will surely try for a sixth title.

"We have parents who have been very supportive. The players are really pulling everything they have and as a coach I'm so privileged to coach them; they're ready for [the] playoffs."

Junior varsity coach Julie Harrison said they've also been having a nice run so far.

"It was a good season. The girls are excited to play. We maybe struggled a little bit during this game, but they were able to still pull through and fight for it because they really, really did want to win. So, I'm proud of them specifically for fighting and not giving up even when they were a little nervous."

Co-coach Kriszelle Esteves added "we [have been] proud of them since the beginning. From the Day 1 I started coaching until now, they have improved a lot…"

Aside from Fatialofa, the GCA varsity team is composed of Hye Jin Elliott, Katriel Saures, Soleil Lamar, Vicky Wang, Allyssa Omampo, Cassie Regan, and Eunice Pagaduan.

The GCA junior varsity team includes Hannah Tenorio, Nieves Villagomez, Cherries Camacho, Eunji Hahn, Kaydece Gilespie, Taehee Kim, Beatrice Fabre, Mariana Angeles, and Fiona Regan.

In other results, Marianas High School JV beat Kagman High School JV in two sets, 21-8, 21-8.

The other varsity game was Mount Carmel School against Saipan International School, with SIS coming out victorious in three sets, 20-22, 21-10, 9-15.

After the 7-0 Lady Eagles, MCS followed at 5-2, SIS 4-3, ACS, 4-4, MHS and KHS are at 3-4, SSHS are at 1-5, THS is 2-2, and RHI is 0-4.

Coming next after GCA's junior varsity are MHS JV and MHS 9 at ended 5-2, SSHS JV ended at 5-3, SIS and MCS both finished at 3-5, ACS is 3-4, and KHS is 2-5.

The playoffs will start on Thursday, Oct. 20 at 6:15pm. This gives ample time for the teams to recuperate before the postseason.

The Public School System Girls High School Volleyball League 2022-2023 is being held with help from the Northern Mariana Islands Volleyball Association.

Warriors' Draymond Green apologizes for fight with teammate

SAN FRANCISCO (AP)—Golden State Warriors star Draymond Green apologized to the team a day after fighting with teammate Jordan Poole during practice, general manager Bob Myers said.

Poole practiced Thursday while Green didn't, and Myers said any potential discipline would be handled internally. Warriors coach Steve Kerr said Green will be away from the team again Friday and expects him to return Saturday.

NBA Finals MVP Stephen Curry said he didn't know what triggered the issue between Green and Poole and noted "it is possible to get through things like this," and called it his job not to let it break the team.

Kerr praised Poole's approach during camp.

"Jordan has been fantastic throughout camp," Kerr said. "Someone put out there that Jordan had an attitude in camp, nothing can be further from the truth. He's been fantastic. Disappointing to see misinformation out there but I wanted to make sure I set the record straight on that. Everything else we will handle internally and go from there."

Myers said he doesn't anticipate Green missing any games for Wednesday's altercation.

"Everybody's fine," Myers said, saying the team is lucky nobody got hurt. "Look, it's the NBA, professional sports, these things happen. Nobody likes it. We don't condone it, but it happened.

"Draymond apologized to the team this morning, Jordan was there in the room, I was there in the room with the team, the coaches, the players and we heard that."

Suggs has sprainXed knee capsule and bone bruise, Magic say

By TIM REYNOLDS
AP BASKETBALL WRITER

Jalen Suggs and the Orlando Magic can breathe a bit easier.

Suggs has a sprained left knee capsule and bone bruise, but his collision with Dallas' Dorian Finney-Smith during the Magic-Mavericks preseason game Friday night did not lead to more serious injuries.

The Magic announced the results of Suggs' MRI on Saturday morning, saying his return to play "will depend on how he responds to treatment."

"He's worked his tail off and he's going to continue to work his tail off," Magic coach Jamahl Mosley said. "That's what we can depend on for him."

Suggs got hurt on a play where he was fouled by Dallas' Spencer Dinwiddie and collided into Finney-Smith, immediately grabbing at his left knee. He had checked into the game only 1:38 earlier.

The No. 5 pick in the 2021 draft out of Gonzaga missed 34 games last season, mostly because of thumb and ankle injuries, but finished his rookie year with averages of 11.8 points and 4.4 assists.

NMI

From Page 20

"I thought China found it quite difficult to break down NMI. They have as the rights as any within the World Game," read another online comment.

The NMI left an even better impression in the tournament and in Australia after Northern Mariana Islands Football Association technical director and national head coach Michiteru Mita spoke at the press conference and shared the team's story and what's behind their participation in AFC events.

""I know we are very small and I saw all the Facebook comments saying we shouldn't be here. The boys all saw that," Mita was quoted as saying in the story that appeared both in online soccer sites as well as in local media in Australia.

"These tournaments are very important for us. We know we are small and young, but we try to develop our football because we use football to develop our community. Young people need something to dream about and to be a national team player is one of the dreams of island people. But something needs to motivate them so that's why this international tournament is a very important part of being able to motivate and to give the dream to our players," added Mita, who could not fight back his tears when answering questions from reporters at the press conference.

The Sunday Morning Herald took note of Mita's statement at the press conference and how the NMI played better against China, holding down its opponents in the first 12 minutes of play. Writer Vince Rugari then wrapped up the newspaper article with this "The Northern Mariana Islands face Cambodia on Sunday night in their final match of the qualifiers, and will be hopeful, at least, of scoring their first goal. If nothing else, the ultimate underdogs have won a new legion of fans simply by turning up and having a go."

'More than a game'

More positive feedback greeted the NMI U17, including comments that says their participation in the AFC tournament is "more than a game."

Goalkeeper Vicente Reyes, who was put on spotlight as journalists noticed him in tears after he was subbed out midway through their match against Australia, said the competition in Australia or any other event they joined in is indeed more than a game.

"It's about giving our all and fighting to make everyone back home proud. This is about getting a chance to represent our islands and having the opportunity to experience and challenge teams with professional players and seeing the different intensity and styles of play. All these, win or lose and with good or bad comments after each match, will just make us better and motivate us to stay in the program and inspire others to play the sport and have the opportunity to play in college, and dream of one day representing the NMI," said Reyes, whose better game against China drew praise not only from the team but as well as the spectators of the match. ***(PR)***

130

From Page 20

school kids and the adults who ensured a timely start and safe finish. They also thanked Topnotch for the race medals done in short notice.

Proceeds from the event will help send the youth and young adult outrigger paddlers to Palau to take part in the Micronesia Cup Outrigger Races to be held next month from Oct. 20 to 23.

Andrew said that they "are very excited for this year's race as it will be its first time back after the pandemic."

The Micronesia Cup Outrigger Race is hosted annually which is rotated among the CNMI, Palau, and Guam.

The races were canceled for the past two years due to the COVID-19 pandemic and the last time it was held was 2019 in Palau.

CRISTOBAL

From Page 20

CNMI Weightlifting president John Davis congratulated Cristobal for his gold medal in the Buccaneer Barbell Bash.

"For the record, Leowell is, by far, the CNMI's most prolific weightlifter," he said.

For his part, Cristobal is just glad all his hard work has paid off.

"I'm pretty happy with my performance. I've been putting in the work and I'm confident about PRs in the future...For now I've been working on my weaknesses and getting stronger on my pulls and squats

He also dedicated his gold medal in the Buccaneer Barbell Bash to his family, especially his niece, Micah Elisse

"I'm dedicating this achievement to my family, friends, and my niece who's almost her first birthday."

A few months ago, Cristobal won two silver medals in the U.S. Weightlifting U25 Nationals in Las Vegas, Nevada.

In the Northern Marianas Pacific Mini Games 2022 last June, Cristobal won a bronze medal in the clean and jerk portion of the 67-kg class.

Cristobal enlisted in the U.S. Air Force for two years before he got accepted into the Air Force Academy in 2018. It was at the academy where he started a weightlifting club. He graduated from the U.S. Air Force Academy on May 25, 2022, with a bachelor of science degree in Behavioral Sciences; he entered the Air Force as a commissioned officer and second lieutenant.

Aside from weightlifting, Cristobal also shines in his military career, having received the top former regular enlisted graduate award, and the Horner Award with the highest class honors.

Mariners erase 7-run deficit, sweep Blue Jays with 10-9 win

PAGE 17

Saipan Tribune
Sports

Lady Eagles remain undefeated in v-ball

PAGE 19

NMI U17 leaves mark in AFC tournament

THE FOOTBALL SACK

NMI goalie Vicente Reyes, third left, steps in on defense in an attempt to deflect a shot taken by Australian pro player Max Christopher Hately during their game in the AFC U17 Asian Cup 2023 Qualifiers last Wednesday in Shepparton, Australia.

A small team made a big mark in a tournament expected to be dominated by the "giants." The NMI U17 Boys National Team playing in the AFC U17 Asian Cup 2023 Qualifiers earned the respect of soccer fans who either personally watched the games in Shepparton, Australia or in online platforms despite allowing goals in twin digits to tournament favorite China and pro players-backed Australia.

The NMI players first faced the host last Wednesday and lost, 0-23. Nestory Irankunda, a pro playing for Adelaide United, scored five goals, while Mitchell John Glasson, also a pro suiting up for Sydney FC, added four goals. After the lopsided loss to the Joeys, there are people who questioned the NMI's presence in the high-level Asian Football Confederation competition.

However, after the NMI dueled China last Friday and limit the latter to four goals in the first half before eventually losing at 0-11, the Teen Ayuyus got more believers than doubters.

"Anyone who attended (I was there) this game [versus China] left with nothing but respect for the NMI players. They were outsized, outmuscled, like much younger, playing in awful conditions [cold to freezing temperature] and not once did they give up or back down despite the scoreline," read one of the online comments at The Football Sack, a website covering soccer leagues across Australia.

See NMI on Page 19

130 runners light up the night

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

SPC 5K GLOW EDITION

The Saipan Paddling Club's 3rd Annual 5K Run Glow Edition was a complete success with 130 participants lighting up Beach Road with their glow bracelets and bands as they ran from Garapan Fishing Base to just past the Japanese tank memorial and back.

Included in the mix of SPC members' families and friends last Wednesday were a mix of competitive runners and those who joined just for fun and at the end of the event, the club raised over $1,000 toward the club's fundraising efforts to fly out to the 22nd Micronesia Cup Outrigger Races in Palau

» 5K Run Glow Edition raises over $1K

In SPC's first timed run event, Sildrey Viloria came first in the men's division at 20:39, followed by Michael Mancao at 21:32.12 with Shigeki Tenorio completing the Top 3 at 21:35.

Terra Allen came in first among the women after clocking in at 26:28, followed by Marie Sablan at 26:29 and Ann Bang at 26:42.

In the U18 boys, Pony Tang came first with a time of 20:20, Rex Pixley came in second at 20:50 and Jermaine Salas came in third at 22:11.

In the U18 girls, Miyumi Takahashi came first at 47:43.

The U12 boys division was dominated by Keoni Ruszala at 37:02, followed by Declan Spaeth at 37:39 and Caleb Grant at 38:51.

The U12 girls winner was Adele Tafflinger at 24:29, followed by Faith Arriola at 27:00 and Leilani Ruszala at 27:01.

SPC president Justin Andrew was pretty pleased how the Run Glow Edition turned out.

"The turnout went beyond what we anticipated. We expected about 50 to take part but ended [up] having about 130. So it went really well."

The Saipan Paddling Club then thanked Run Saipan's Edward Dela Cruz Jr. and Northern Marianas Athletics' Robin for helping them coordinate the event.

"Ed helped from A to Z. He ensured a smooth registration and a fun event. We will not be able to stage the event without his expertise and support. Robin Sapong and the Northern Marianas Athletics as well. Robin worked behind the scenes to help us plan out the event. Thanks to Robin for lending us their race timing system as we were able to accurately log finish times."

They also thanked James Rabauliman and his Hybrid Shop. "James pulled off what I thought was impossible with [the] time given by printing out 80 event T-shirts on top of printing our Micro Cup Race jerseys in just a few days!"

They then thanked the parents and children who came out to support, along with the volunteers and Department of Public Safety Officers, and to the high

See 130 on Page 19

CONTRIBUTED PHOTO

Participants of the 3rd Annual 5K Glow Run pose for a photo at one of the Garapan Fishing Base pavilions before the race last Wednesday as part of Saipan Paddling Club's fundraising efforts to the 22nd Micronesia Cup Outrigger races in Palau.

Cristobal bags gold in Buccaneer Barbell Bash

MARK RABAGO
mark_rabago@saipantribune.com
ASSOCIATE EDITOR

Mini Games silver medalist Leowell Cristobal continued to make his home islands proud by topping his weight group in the recent Buccaneer Barbell Bash weightlifting meet in Florida.

ATHLETES ABROAD

The 23-year-old U.S. Air Force Academy graduate bagged the gold medal in the 67-kg division after totaling 223 kg. He lifted personal bests of 96 kg in the snatch and 127 kg in the clean and jerk.

He started the jerk with a weight of 85 kg before adding 6 kg to his successful second attempt (91 kg) and then cleare his third and last attempt at 96 kg.

In the clean and jerk, the son of Leonardo Sr. and Ana Marie Cristobal lifted 120 kg in his first attempt. He then cleared 127 kg in his second before failing in his attempt at 134 kgs in his third and final lift.

See CRISTOBAL on Page 19

CONTRIBUTED PHOTO

Leowell Cristobal in action during the recent Buccaneer Barbell Bash weightlifting meet in Florida.